



## Pot Roast Carbonnade

*Adapted from Melissa d' Arabian*

BAH Note: The beer, caramelized onions, prunes, and bacon combine to give this dish a slightly sweet, complex flavor. While the juices are luscious and silky, you will want to skim as much fat off the top as you can. Check the amount of liquid in the pot after one hour of cooking. If it is low, add additional beef broth or water. Serve this with hearty bread or buttered noodles.

BAH Tip: Be sure to dry your chuck with paper towels before you cut it into cubes. The drier your beef is, the better it will brown.

- 1/2 pound thick cut bacon, cut into lardons
- 2 medium onions, sliced
- 1 tablespoon vegetable oil
- 1 1/2 pounds beef chuck, cut into large cubes
- 1/2 pound carrots, peeled and cut into large pieces
- 1 1/2 tablespoon flour
- 12 ounces beer (I used Blue Moon)
- 6 pitted prunes
- 1 tablespoon dried thyme (or 2 tablespoons fresh)
- 1 cup beef broth
- kosher salt and black pepper

In a large dutch oven, cook the bacon over medium low heat until it renders off its fat and becomes crisp. Using a slotted spoon, remove the bacon from the pot. Add the onions to the pot and cook over low heat, stirring occasionally, until they are caramelized, approximately 45 minutes to an hour. When the onions are done cooking, heat your oven to 325 degrees.

Use a slotted spoon to remove the onions from the pot while leaving the bacon fat behind. Add the vegetable oil to the pot and, working in batches, sear the cubes of beef until nicely browned all over.

Return all the beef cubes to the pot along with any accumulated juices. Add the onions, carrots, bacon and prunes. Add the flour, stir it in, and cook for about one minute. Add the beer and use a spatula to deglaze the bottom of the pot. Add the beef broth and thyme and bring the mixture to a simmer. Cover and transfer the pot to the oven. Cook for two hours or until the beef is extremely tender.