



## **Carbonnade à la Trappiste' [Beef stewed in Trappist ale] with Lutosa Belgian Fries**

### **Ingredients** (for two servings)

- 500 g of Lutosa Belgian Fries
- 500 g of stewing beef
- 1 large onion
- 1 soup spoon of flour
- 40 g of butter
- 1 bottle of Trappist ale
- 1 lump of sugar
- 1 soup spoon of spirit vinegar
- 1 slice of bread
- 1 soup spoon of mustard
- 1 pinch of salt and pepper
- 1 sprig of thyme and 1 bay leaf

### **Preparation**

- Peel the onion, slice it into rounds and sauté it with the meat in a little butter.
- Sprinkle the flour onto the meat and stir to cook.
- Pour over the Trappist ale and add water to cover. Add the thyme, bay leaf, sugar, vinegar, salt and pepper.
- Remove the crust from the slice of bread, spread the soft part of the bread with mustard and lay it on top of the meat. Leave to simmer for around two hours stirring regularly (the bread must dissolve completely into the juices).
- Cook the French fries according to the packet instructions.
- Arrange the stew on plates and serve.

**Tip:** You may replace the Trappist ale with any other Belgian beer.

**Wine:** A red Côtes du Rhône or Trappist ale.

