

Buffalo and Stout

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If you do not have a crock pot brown the meat before braising on the top of the stove. You may also cook this in the oven at about 275°F for about 4 hours.

This makes a great base for a deep dish pot pie or Shepard's pie using your favorite recipe for mashed potatoes as the topping

4 pounds trimmed Buffalo stew Meat

2 large onions cut into 1-inch dice, 3- 4 cups

4 huge garlic cloves (or more if you like), sliced

1 bottle stout or porter

1 large bay leaf

3-4 sprigs of fresh thyme

Homemade or boxed organic beef broth as necessary (perhaps 2 cups)

Salt and pepper to taste

2 Portobello mushrooms (about 1/2 pound) cut into large dice (optional but really good)

Put everything into the crockpot. Turn on high until it starts to really simmer. Turn to low and allow to cook until meat is tender. If too juicy, crack the lid and turn on high until the juices become concentrated. I usually start it in the morning, get it to come to temperature and then lower the heat and let it cook on low all day. I then crank it up to reduce the gravy.