



# See Jane Cook

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## VENISON OR BEEF CARBONADE

- 3 lbs. venison or lean beef chuck roast
- Salt, pepper
- 2 to 3 tbsp. oil
- 6 cups sliced onions
- 4 cloves garlic, peeled and mashed
- 1 cup beef broth
- 2 tbsp. brown sugar
- 2 to 3 cups beer, light or dark
- 1 bay leaf
- 1/2 tsp. dried thyme
- 1 tbsp. cornstarch dissolved in 2 tbsp. balsamic vinegar

Cut meat into chunks, then cut the chunks into about 1/4-inch-thick slices. Season with salt and pepper. Heat a film of oil in a large, heavy skillet until almost smoking. Brown the meat slices quickly on both sides, a few at a time, and place in a medium bowl. Reduce heat to medium and stir onions into the skillet, adding more oil if necessary. Brown the onions lightly, stirring frequently, for about 10 minutes. Remove from heat, season with salt and pepper and stir in garlic that has been mashed to a paste with a meat pounder.

In a Dutch oven or 9- to 10-inch ovenproof casserole dish, arrange half the browned meat and season lightly with salt and pepper. Spread half of the onions over the meat. Repeat layers. Pour any meat drippings from the bowl back into the skillet. Return skillet to heat and add the broth, stirring to scrape up browned bits from bottom of pan. Stir in brown sugar. Pour into casserole over the onions and meat. Add enough beer to just barely cover the ingredients. Push bay leaf into casserole to nestle among the ingredients. Sprinkle with thyme.

Cover tightly and bake at 325 degrees (or a temperature that will maintain a gentle simmer) for about 2 1/2 hours, until the meat is fork tender. Uncover casserole and place on stove burner over medium-high heat. Stir in cornstarch mixture. Simmer until slightly thickened, 3 to 4 minutes. Serve with mashed potatoes. Makes 4 to 6 servings.