



MAPLE 8 INSTANT POT BEEF STEW

InstantPot (Pressure Cooker) Beef Stew with Maple 8 and Guinness
 8 quart pressure cooker required, 4 to 6 servings, 1½ hours cook time.



MAPLE 8 VINEGAR

5% ACETIC ACID VINEGAR | 200 ml, 1 litre
 Barrel fermented maple syrup vinegar, made from the best tasting Québec syrup. Maple syrup was made into wine, then into vinegar, and then aged for years in oak barrels.

Ingredients: 3 pounds stewing beef
 Sea salt and black pepper
 ¼ cup flour
 5 sprigs of thyme
 1 bay leaf
 1¼ cups beef broth
 ½ cup mushroom liquor (from your dried mushrooms)

½ cup Guinness or stout beer
 ¼ cup maple syrup
 4 garlic cloves, minced or 4 tsp garlic purée
 2 tablespoons Maple 8 Vinegar
 3 large carrots, chopped into 1 inch pieces
 25 baby potatoes, halved
 20 pearl onions, peeled
 ¼ oz dried mushrooms of your choice, rehydrated and chopped



Method:

- Add the stewing beef to your InstantPot; season with salt and pepper and toss with the flour. If using a 6 quart pressure cooker reduce the total liquid by ½ cup. Add the broth, beer, mushroom liquor (if using a 6 quart pressure cooker reduce that total liquid by ½ cup) herbs, maple syrup, garlic and 1 tbsp vinegar. Stir, cover and cook on high pressure for 20 minutes. Steam valve in sealed position.
- After the 20 minutes, let the pressure release for 15 minutes, then manually release the rest. Stir in the vegetables. Cover and cook on high pressure for a further 18 minutes. Steam valve in sealed position.
- After the 18 minutes, let the pressure release for 15 minutes, then release the remaining pressure manually. Discard the herbs.
- Stir in 1 tbsp of vinegar and taste. Season with salt and pepper to taste. You can thicken the stew by simmering and by mashing some potatoes with a fork.

To serve add a few drops of Maple Brix Verjus or Maple 8 vinegar to the portioned stew, with fresh bread and a green salad. Excellent with a Guinness, a glass of red Burgundy, Pinot Noir or Gamay Noir, or a non-alcoholic spritz of Maple Brix Verjus and sparkling water.
 Adapted by a recipe from Sarah Digregorio