



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