



Marmite carbonnade

READY IN



170 min.

SERVINGS



8

CALORIES



1085 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 85 g butter unsalted for spreading
- ☐ 4 onion halved sliced
- ☐ 3 garlic clove peeled smashed
- ☐ 1.5 kg fat-trimmed beef flank steak cut into large cubes
- ☐ 850 ml beef stock
- ☐ 1.5 tbsp flour plain
- ☐ 400 ml porter canned
- ☐ 10 thyme sprigs
- ☐ 2 bay leaves

- ☐ 1 tbsp g muscovado sugar light
- ☐ 2 tsp red wine vinegar
- ☐ 2 tbsp catsup (optional, see Know-how, below)
- ☐ 1 celery trimmed sliced
- ☐ 2 tsp yeast extract spread
- ☐ 25 slices bread french fine thin ()

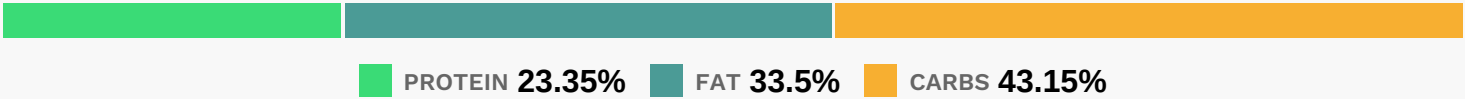
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Melt half the butter in a large cast-iron casserole over a medium heat, add the onions, then fry for 8–12 mins until golden, stirring occasionally.
- ☐ Add the garlic just before the end, then transfer everything to a bowl. Turn the heat up a little, season the beef with salt and pepper and seal it in batches so as not to overcrowd the pan, adding a knob of the remaining butter with each one. Deglaze the pan with a little stock as you go along.
- ☐ Return the onions and beef to the pan, sprinkle over the flour, stir, then pour over the Guinness and stock.
- ☐ Add the herbs, sugar, vinegar, mushroom ketchup (if using) and some seasoning. Bring the liquid to the boil, cover, then cook in the oven for 1 hrs. If serving on the day, skim the fat off at this stage.
- ☐ Remove the casserole and turn the oven up to 200C/fan 180C/gas
- ☐ Discard the herbs, check for seasoning, then add the celery.
- ☐ Mix the remaining butter with about 2 tsp Marmite, then spread it over the slices of French bread on one side. Arrange the slices, Marmite-side up, overlapping on top of the casserole, then return to the oven for another 30–40 mins until the toasts are golden and crisp.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:82.11, Inflammation Score:-10, Nutrition Score:44.196521821229%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg

Nutrients (% of daily need)

Calories: 1085.14kcal (54.26%), Fat: 40.19g (61.83%), Saturated Fat: 18.38g (114.89%), Carbohydrates: 116.46g (38.82%), Net Carbohydrates: 110.69g (40.25%), Sugar: 14.63g (16.25%), Cholesterol: 137.22mg (45.74%), Sodium: 1612.38mg (70.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.03g (126.06%), Selenium: 105.74µg (151.06%), Vitamin B1: 2.01mg (134.19%), Vitamin B3: 21.94mg (109.7%), Vitamin B2: 1.71mg (100.31%), Folate: 326.81µg (81.7%), Zinc: 12.11mg (80.73%), Iron: 11.87mg (65.94%), Manganese: 1.19mg (59.31%), Vitamin B6: 1.12mg (55.91%), Phosphorus: 540.53mg (54.05%), Vitamin B12: 3.14µg (52.3%), Potassium: 1091.43mg (31.18%), Magnesium: 123.24mg (30.81%), Copper: 0.55mg (27.48%), Fiber: 5.77g (23.07%), Calcium: 153.43mg (15.34%), Vitamin B5: 0.85mg (8.51%), Vitamin C: 6.77mg (8.21%), Vitamin A: 400.03IU (8%), Vitamin K: 6.9µg (6.57%), Vitamin E: 0.77mg (5.1%), Vitamin D: 0.35µg (2.31%)