

Recipe Card



Beef Bourguignon

Recipe Issue 3

Serves 4

Ingredients

1kg chuck or shin beef
20 x button onions, skinned
1 x large onion, peeled and chopped
20 x button mushrooms
80g fatty bacon, cut into short, thick strips
200ml stock
3 x cloves of garlic, lightly crushed
2 x bay leaves
1 x large sprig of thyme
1 x bottle of red Burgundy

Method

Cut the beef into large pieces and toss in seasoned flour. Place a little oil and butter in a heated casserole dish/saucepan, add the beef and cook until browned slightly. Remove the beef and set aside, add 20 button onions to the casserole dish, lightly brown them and add 20 button mushrooms, when golden brown remove and set aside. Add the chopped onion to the casserole dish together with the fatty bacon, when soft and golden brown return the beef to the casserole dish. Add the crushed cloves of garlic, bay leaves, stock and the bottle of Burgundy. Season and simmer for at least 90 minutes until the meat is tender. Return the button onions and mushrooms to the casserole and cook for a further 30 minutes. Serve with steamed potatoes.

Tips from the chef:

The beef is the heart and soul of this dish, so gentle browning of the beef is crucial to success. This dish must be cooked slowly on a low heat; a boiled Bourguignon is a spoiled Bourguignon! Allowing the dish to mellow overnight improves the taste still further, but remember to add the cooked button mushrooms and onions late in the cooking process to avoid over cooking them.



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