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Beef Bourguignon

Classic French recipe, perfect with buttery mash & green beans.

Serves 6

INGREDIENTS

- 1kg braising beef cut into 4-5cm pieces
- 2 tbsp plain flour seasoned with salt & pepper
- 250g smoked bacon lardons
- 2 tbsp unsalted butter
- 250g shallots peeled & halved
- 150g button mushrooms
- 4 garlic cloves crushed
- 1 tbsp tomato puree
- 750ml red wine burgundy or pinot noir
- bouquet garni (2 bay leaves, small rosemary & thyme bunch tied together with string)
- 250g chantenay carrots peeled

Heat oven to 170°C/150°C fan. Add a large drizzle of olive oil to your casserole dish over a medium heat. Toss beef in seasoned flour and fry in batches until browned all over (adding more oil if necessary). Remove each batch and place in a bowl.

Heat another splash of olive oil in the casserole dish. Add the bacon lardons and fry until crisp, then remove and place in the bowl with the beef. Melt the butter in the casserole and fry shallots and mushrooms until golden brown, then set aside in a separate bowl. Add the garlic to the casserole and cook for 1 minute. Stir in tomato puree and cook for a further minute.

Increase heat to medium-high and pour in the wine. Add carrots and bouquet garni and bring to the boil. Return seared beef and bacon to casserole (along with any drained juices from meat). Place lid on casserole and transfer to oven for 2½ - 3 hours until beef is tender.

Remove casserole from oven, stir and season with salt and pepper. Stir in shallots and mushrooms then return to oven uncovered for 30 minutes until sauce has thickened. Discard bouquet garni, serve and enjoy!