



# BOEUF BOURGUIGNON

## INGREDIENTS

- 900g braising steak, 1 inch dice
- 2 tbsp olive oil
- 1 red onion, sliced
- 500ml red wine
- 2 cloves garlic, chopped
- 1 tbsp plain flour
- 1 tbsp Herbes de la Garrigue or 1 tbsp Herbes de Provence or 1 tbsp Bouquet Garni
- 250g lardons
- 350g shallots
- 150g portobello mushrooms, chopped

## INSTRUCTIONS

1. Pre-heat the oven to 150 °C
2. Add 1 tbsp olive oil to a large oven safe pan and heat over a medium high heat. Add the beef, avoiding overcrowding, and sear the beef on all sides
3. After the beef, add the sliced red onion to the pan and cook for 3-4 minutes, before adding the chopped garlic for 1 more minute
4. Add the beef back into the pan and sprinkle on the flour and herbs of your choice. Stir the flour to soak up all the juice, and then slowly add the red wine, again stirring all the time
5. Put the lid on the pan and transfer to the oven for 2 hours
6. Just before the 2 hours is up, heat the remaining tbsp olive oil in a frying pan and fry the lardons and shallots over a medium heat for 10 minutes until nicely coloured. Add the chopped mushrooms for the final couple of minutes
7. Remove the pan from the oven, and stir in the shallots, lardons and mushrooms. Add more wine if the dish looks too dry
8. Cook for a further hour, and serve with your choice of potatoes and greens



Feeds  
6



Prep time  
30 m



Cook time  
3 h

