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Boeuf Bourguignon

Ingredients

1fl oz. olive oil
2.5lb. beef chuck or shank, cubed
8 slices bacon, cubed
1 large carrot, chopped roughly
1 large onion, chopped roughly
1 celery sticks, roughly chopped
1lb shallots, peeled but left whole
2 punnets small brown or button mushrooms
1 clove garlic, crushed
2 fresh thyme sprigs
2 bay leaves
3 tsp. tomato puree
1 bottle red Burgundy wine
24fl oz. beef stock
Salt and pepper to taste

Servings

4

Person

Preparation Time

30

min

Cooking Time

4

hr

Preparation

- 1 Preheat the oven to 160°C
- 2 Pat the beef dry using paper towels, this will help it brown
- 3 In a casserole dish add a tablespoon of oil and brown the beef. Make sure that it is well browned on all sides. Remove the beef to one side
- 4 In the same casserole add remaining oil and brown the bacon for about 5 minutes. Add the vegetables and mushrooms and sauté them for an additional 10 minutes. Add the herbs and sauté for another 2 minutes
- 5 Over the vegetables and mushrooms pour the tomato puree and wine and bring to a boil. Boil it for about 10 minutes until it is reduced
- 6 Pour the stock in and add the meat and return to boil. Season this with salt and pepper
- 7 Cover the dish and place in the oven for 3 hours or until the meat is tender
- 8 Once cooked strain the liquid and pour it into a pan. Reduce the liquid by a third over a high heat. Add the vegetables and meat back into the sauce and heat up
- 9 Serve with mashed or boiled potatoes.

Cooks Note

Preparation time: 30 minutes; Cooking time: 4 hours; Serves 4