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by ewfood

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