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by Aga Marchewka

Beef Bourguignon (Boeuf Bourguignon)



Ingredients

1.5 kg beef, cut into chunks
150 g diced, thick-cut smoky bacon
300 g white button mushrooms
100 g flour
2 large onions
2 carrots
5 crushed garlic cloves
1 bouquet garni (3 bay leaves, 3 sprigs of thyme, parsley)
2 bottles red wine, preferably Hautes Cotes de Beaune
Oil, salt and pepper, a pinch of nutmeg

Preparation

- 1 Peel and chop the onions.
- 2 Peel the carrots and slice them.
- 3 Dice the mushrooms.
- 4 Heat a small amount of oil in a large stew pot and brown the bacon, onions, carrots and mushrooms.
- 5 When the bacon is browned and the vegetables have started to flop, remove the pot.
- 6 Flour the chunks of beef and brown the beef.
- 7 Add salt and pepper, ground nutmeg, the crushed garlic cloves, bouquet garni, bacon, onions and mushrooms.
- 8 Add wine until the beef is almost covered.
- 9 Bring to the boil, cover, lower the heat and allow to simmer for 2 and 1/2 hours.
- 10 Remove the cover and cook for a further 1/2 hour in order to thicken the sauce.
- 11 Serve with steamed vegetables and potatoes.

Cooks Note

Recipe from Aga Marchewka.