

Burgundian Recipe - Beef Bourguignon

Serves 6

Ingredients :

- 1.2 kg of beef (shin, shoulder, neck , silverside)
- 30 small onions
- 4 cloves of garlic
- 300g mushrooms
- 40g butter
- 300g streaky bacon
- 3 table spoons of flour
- 50cl red wine
- 50cl of beef stock
- thyme, marjoram, bayleaves, 1 large bunch of parsley
- butter
- salt and pepper

Cut the meat in 3cm cubes. Peel onions and garlic.

Cut the end of the mushrooms' feet, wash them and dry them. Fry the mushrooms in butter (sauté) until they become golden.

Melt the butter in a saucepan, then add the bacon in cubes, onions and garlic until they are golden. When they are brown, remove them and likewise brown the meat in same grease. Add salt and pepper to taste.

Sprinkle in the flour, stir until it takes a beautiful brown color and then pour in the wine and the stock. Mix well.

Then check your salt and pepper. For seasoning add thyme, marjoram and the bayleaves.

Cover and bring to the boil, then let the beef bourguignon simmer gently for approximately 2 hours while removing the surface residual from time to time.

Roughly 5 minutes before the end of cooking, place the fried mushrooms in the sauce.

Wash and drain the parsley, chop it roughly.

Finally, pour the beef bourguignon in a large dish and sprinkle with parsley.

Top tip :

If you have time to prepare this recipe in advance, leave the uncooked meat to marinate 12 hours before cooking with 1 'bouquet garni', 1 onion, 1 clove of garlic, thyme and some peppercorns in red wine that has been brought to the boil. Keep the marinade in order to complement the cooking stock.