

Recipe: Boeuf Bourguignon

This hearty Burgundy beef stew will be a favourite at any time, but especially so on a cold winter's day. Any leftover stew can be frozen and finished off on another day.

Prep	30 minutes	Cooking	2-3 hours	Serves	4
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Ingredients

- 4½ lbs (2kg) stewing beef
- 2 tablespoons olive oil
- 1 oz (25g) butter
- 1 tablespoon flour
- 1 tablespoon tomato puree
- 2 cloves garlic (minced)
- 2¼ lbs (1kg) small potatoes
- 1 bouquet garni
- Salt and pepper to taste
- 2 tablespoons chopped parsley

For the marinade:

- 1 bottle of good red wine
- 1 tablespoon olive oil
- 1 small carrot
- 1 onion chopped
- 2 shallots, chopped
- 1 clove garlic, chopped
- 1 tablespoon chopped parsley
- 1 teaspoon dried thyme
- 1 bay leaf
- 5 peppercorns
- 1 clove

Method

1. Slice the beef into large cubes and place in a large bowl with all the ingredients for the marinade.
2. Place in refrigerator until the next day. Easy!
3. Prepare to cook the beef bourguignon 3 hours before serving.
4. Drain the meat and dry it with kitchen paper (It will not brown if it is too wet).
5. Heat the oil in a heavy bottomed pan and brown the meat on all sides.
6. Add the vegetables from the marinade and 2 tablespoons of the butter.
7. Simmer for 15 minutes.
8. Sprinkle the flour over the mixture and stir until well blended
9. Cover with the marinade.
10. Bring to the boil.
11. Add seasoning to your taste

12. Add 4 fl oz water(125ml)
13. Add the tomato puree, garlic and bouquet garni.
14. Cover and simmer for about 2 1/2 hours.
15. Cook the potatoes in boiling salted water until soft. Serve boiled or creamed.
16. The stew is served in a bowl and the potatoes served separately.
17. Garnish with the chopped parsley.