

Beuf Bourguignon.
(Make the day before if possible)

- 2 lbs (1Kg) Blade Bone Steak (Cut into cubes)
- 1/2 oz (45gms) Butter
- 1 dessert spoon Olive oil
- 1 tablespoon Brandy
- 2 - Plain Flour
- 2 teaspoons Salt
Pepper
- 2 oz (60gms) Bacon - chopped
- 3 oz (90gms) shallots (or white onions) chopped
- 2 oz Carrots - finely sliced
- 2 large cloves of garlic crushed
- 2 teaspoons tomato paste
- 6 oz Veal Stock (or Water)
- 10 oz (300 ml) Burgundy
pinch thyme or sprig
- 1 Bay Leaf
- 1/2 lb champignons (optional)
(500gm)

Beef Bourguignon cont'd

Method

Heat butter + oil in fry pan till brown, add meat, brown on all sides + place in casserole or saucepan. Pour tablespoon of brandy (heated) over meat and flame. Add the 2 tablespoons of flour to meat and stir well.

Add bacon to pan and brown + add to meat in casserole. Fry onions + carrots + add to meat. Put tomato past in pan and add stock, stir, warm and scrape pan and add to the meat. Add garlic. Bring to boil + stir well. Add salt + pepper (~ 6 generous turns of mill) Add Burgundy, thyme, large bay leaf + reboil, stirring to keep flour from bottom. Cover with foil + then lid + cook on top of stove or in oven (350°F) stirring once or twice. IF in saucepan on stove remove into casserole when cooked (about 1 1/2 hrs)

Reheat day after and add large teaspoon of chopped parsley.

If adding champignons, cook them the day before in butter, add them with the parsley.

NB. Add the juices of the cooked champignons with the stock - reduce the quantity of stock by the amount of champignon juice.