



Beef Bourguignon

INGREDIENTS

- 6 tbsp canola oil
- 400g boneless chuck roast, cut into 1cm cubes
- Sea salt and freshly ground pepper, to taste
- 100g button mushrooms
- 50g speck, diced
- 4 pearl onions (peeled and halved)
- 1 carrot, diced
- 1 celery stick, diced
- 2 garlic cloves, minced
- 40g flour
- 200ml pinot noir
- 700ml vegetable or beef stock
- 1 bouquet garni (4 sprigs thyme, bayleaf - wrapped in butcher's twine)
- 3 tbsp chopped fresh flat-leaf parsley



Serves: 2



Prep Time: 15 min



Cooking Time: 2 ½ hr

METHOD

1. Season the beef with salt and pepper and coat in flour. In a Dutch oven over medium-high heat, warm 2 tbsp of the oil and work in batches, brown the beef on all sides. Transfer to a bowl and set aside.
2. Add the 1 tbsp of oil and the mushrooms to the pot and brown. Transfer the mushrooms to the bowl with the beef.
3. Add the remaining oil to the pot and cook speck until it renders.
4. Add the prepared onions, carrot, celery and bouquet garni. Sweat out and slightly brown.
5. Add the garlic and cook until fragrant.
6. Add in the wine and reduce by half.
7. Return the beef and mushrooms to the pot, add the stock, and season with salt and pepper.
8. Bring to a simmer and cover the pot. Cook until the meat is fork-tender (1.5 to 2 hours), stirring occasionally.
9. Remove and discard the bouquet garni. Adjust the seasoning with salt and pepper.
10. Plate with a side of mash potato and sprinkle with chopped parsley.



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