



RECIPE FOR

BEEF BOURGUIGNON



3½ HOURS

LEVEL



PREPARATION

- In a Dutch oven, melt the butter and sauté the onions and bacon cubes. When golden brown, remove and set aside.
- In the same pot, sear the beef cut into 3 to 4-cm cubes and add the carrots cut into rounds. Sauté together for 5 min.
- Sprinkle with the flour and allow to brown while stirring constantly.
- Pour in the red wine and beef stock; add the reserved bacon and onions, bouquet garni and crushed cloves of garlic. Season with salt and pepper. Bring to the boil then cover and let simmer over low heat for 3 hours.
- Then add the sliced mushrooms and simmer for another ½ hour.
- Serve this dish with potatoes or pasta.



Shopping list

INGREDIENTS

1.2 kg stewing beef
100 g bacon cubes
40 g butter
10 pearl onions
2 carrots
2 cloves garlic
40 g flour
1.5 L red wine
200 g mushrooms
½ L beef stock
1 bouquet garni
Salt, Pepper

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