

Beef Bourguignon

Ingredients- Serves 2

40ml Vegetable Oil
50g Butter
200g Chuck Steak/ Beef
150ml Red Wine (Optional)
1 Carrot, cut into 2cm pieces
1 Shallot, peeled and cut in half lengthways
2 Cloves Garlic, peeled and finely diced
1 Bay Leaf
250ml Beef Stock
50g Button Mushrooms
1 tsp Chopped Flat-Leaf Parsley
2 tbsp Plain Flour

Mashed Potato to Serve

2 Large Potatoes, Milk & Butter

Method

1. Place a heavy-based saucepan over high heat. Add 1 tbsp oil and 25 g butter, stirring until butter has melted. Season beef with salt and pepper, coat with 1 tbsp flour, then add one-third to pan and cook, turning occasionally, for 5 minutes or until browned on all sides.
2. Add 125 ml wine and simmer for 1 minute to reduce slightly. Transfer mixture to a large bowl, then repeat twice more with additional oil and butter, and remaining beef and wine.
3. Wipe pan clean, then place over medium heat. Add remaining 1 tbsp oil and 25 g butter, stirring until butter has melted. Add carrot, shallot, garlic

and bay leaf, and cook for 10 minutes or until starting to soften. Add 1 tbsp flour and cook, stirring, for 1 minute, then add stock, reserved beef and wine mixture and cook, uncovered, for 35 minutes or until beef is cooked through.

4. Meanwhile, heat a frying pan over medium heat. Add speck and cook for 3 minutes or until starting to colour. Add mushrooms and cook for 3 minutes or until starting to soften.
5. Add mushroom mixture to beef, stirring to combine. Stand for 10 minutes to allow flavours to develop. Scatter over parsley to garnish.
6. Serve with mashed potato.



Pic for illustration purposes only. Recipe may vary in appearance to pic.