

BŒUF BOURGUIGNON

Serves 4

Prep: 25 minutes
Cook: 3 1/4 hours

- 3 tablespoons extra virgin olive oil
- 200 g (7 oz) bacon, diced
- 800 g (1 lb 12 oz) beef cheek or chuck, cut into 2 cm (3/4 in) cubes
- 2 tablespoons plain (all-purpose) flour
- 1 garlic bulb, halved horizontally
- 1 onion, quartered
- 750 ml (3 cups) red wine (such as pinot noir)
- 500 ml (2 cups) beef stock
- 170 g (6 oz) tomato paste (concentrated puree)
- 4 thyme sprigs
- 2 rosemary sprigs
- 2 bay leaves, fresh or dried
- 600 g (1 lb 5 oz) Dutch carrots, tops removed and halved lengthways
- 250 g (9 oz) small mushrooms, halved
- 500 g (1 lb 2 oz) pickling onions, halved
- 2 tablespoons finely chopped parsley
- crusty bread or mashed potato, to serve (optional)

STORAGE

Store in an airtight container in the fridge for up to 4 days or freeze for up to 3 months.

A classic French comfort food, now simplified! The traditional method requires straining the sauce once the veggies are soft, which is messy and wasteful. Here, the onions and carrots are browned separately, then added towards the end with the mushrooms.

Preheat the oven to 150°C (300°F) fan-forced.

Heat 2 tablespoons of the olive oil in a heavy-based frying pan over medium heat and fry the bacon for 7 minutes, or until golden and crispy. Set the pan with the juices aside and transfer the bacon to a large flameproof casserole dish (Dutch oven).

Season the beef by sprinkling it with the flour and some salt and pepper. Using the same pan that you used for the bacon, sear the beef in batches over medium heat for 5 minutes, or until browned all over. Transfer the beef to the dish.

Add the garlic, onion, red wine, beef stock and tomato paste to the dish. Tie the thyme, rosemary and bay leaves together with string to create a bouquet garni and add to the dish. Cover and cook in the oven for 2 1/2 hours.

Meanwhile, heat the remaining tablespoon of olive oil in a large saucepan over medium heat and cook the carrot, mushroom and pickling onion for 6–8 minutes until browned. Set aside.

When the beef is done, remove and discard the bouquet garni, garlic and onion from the dish. Stir in the carrot, mushroom, pickling onion and parsley. Reduce the sauce on the stovetop over medium heat for 20 minutes, or until it reaches a syrupy consistency. Season before covering and returning the dish to the oven for 10 minutes.

Serve with crusty bread or mash, if desired.



BON APP!

100+ French classics, made easy

Isabelle Dunn

