

# Beef Bourguignon

## Ingredients

- 1.6kg braising steaks, cut into large chunks
- 3 bay leaves
- Small bunch thyme
- 2 bottles cheap red wine
- 2tbsp oil
- 3 large or 6 normal carrots, cut into large chunks
- 2 onions, roughly chopped
- 3tbsp plain flour
- 1tbsp tomato puree
- To serve
- Small knob of butter
- 300g bacon lardons
- 500g pearl onions or small shallots, peeled
- 400g mushrooms, halved
- Chopped parsley



## Method

1. Tip the beef into a large bowl with the bay leaves, thyme, wine and some pepper, then cover and leave in the fridge overnight.
2. Heat the oven to 200°C/180°C fan/Gas 6. Place a colander over another large bowl and strain the marinated meat, keeping the wine.
3. Heat half the oil in a large frying pan, then brown the meat in batches, transferring to a plate once browned. When all the meat is browned, pour a little wine into the now empty frying pan and bubble to release any caramelised bits from the pan.
4. Heat the rest of the oil in a large casserole and fry the carrots and chopped onions until they start to colour. Stir in the flour for 1 minute, then add the tomato puree. Add the beef and any juices, the wind from the frying pan and the rest of the wine and herbs. Season and bring to a simmer. Give everything a good stir, then cover.
5. Transfer to the oven and bake for 2 hours until the meat is really tender. Cool.
6. To serve, defrost completely overnight in the fridge if frozen, then place on a low heat to warm through. Meanwhile, heat the butter in a frying pan and add the bacon and pearl onions.
7. Sizzle for about 10 minutes until the bacon starts to crisp and the onions soften and colour.
8. Add the mushrooms and fry for another 5 minutes, then stir everything into the stew and heat for 10 minutes more. Serve scattered with chopped parsley.

## Notes

This dish will freeze for 3 months.