



## Beef Bourguignon

Ingredient	10 Portions	50 Portions	100 Portions
Diced Beef	600g	3kg	6kg
Onions	200g	1kg	2kg
Chantenay Carrots	400g	2kg	4kg
Silverskin Onions	180g	1 x 907g bag	2 x 907g bags
Bacon Lardons	50g	250g	500g
Red cooking wine	100ml	500ml	1ltr
Onions - diced	100g	500g	1kg
Garlic - diced	1 clove	0.5 bulb	1 bulb
Thyme - chopped	3 sprigs	0.5 bunch	1 small bunch
Tomato Puree	1 tsp	0.5 tbsp	1 tbsp
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste
Olive oil	For frying	For frying	For frying

### Key Points

Marinading the meat in some red wine and mixed herbs the night before will add extra depth to this dish. If you do this, ensure you drain the meat safely in a colander to reduce the risk of oil splashing up when you fry it.

### Method

1. In a heavy saucepan heat enough olive oil for frying
2. Once hot add the diced onions, then the garlic and cook for 1 minute
3. Add the diced beef, season with salt and pepper, cook for 20 minutes on medium heat
4. Add the bunch of thyme
5. Add the wine and cook for 5 minutes
6. Add the tomato puree and cook for a further 5 minutes
7. Add enough water to cover the beef and cook for at least 2 hours on a medium heat
8. Add the carrots to the stew and cook until tender (around 20 minutes)
9. Add the silverskin onions and cook for a further 10 minutes
10. Adjust the seasoning with salt and pepper
11. Serve with mashed potato and greens

### Allergens Sulphites