

# *Beef Bourguignon*

## *Ingredients*

For 4 people

800 g of beef for bourguignon (beef “to simmer in a stew”, beef cheek, etc.) broken down into pieces

a little oil

3 carrots

2 onions

4 button mushrooms

2 cloves of garlic (optional)

40 g of flour or cornstarch

100 g of bacon

30 cl of vegetable stock (made with 1 stock cube dissolved in hot water)

250 mL red wine

parsley

1 bouquet garni (bay leaf, thyme, etc.)

## *Preparation*

This traditional recipe requires a long cooking time. The longer the beef is simmered, the better it will be. Beef bourguignon will be very good reheated the next day too.

1. If possible, the day before, marinate the beef with the bouquet garni in wine.
2. The same day, peel the carrots and onions, cut them into slices (thick enough for the carrots, 3-4 mm) and brown them in oil in a casserole dish.
3. Add the bacon and chopped garlic
4. Remove the vegetables and bacon from the casserole and reserve them.
5. Using a slotted spoon, remove the beef from its marinade and brown it in the casserole dish. When the meat is nicely browned, add the flour and distribute well while stirring.
6. Then add the vegetables, broth, and wine to the casserole with the bouquet garni.
7. Add salt and pepper and cook over low heat for 3 hours.
8. Then add the washed, hulled and cut into strips mushrooms. Leave to cook for another 30 minutes.

The sauce should be thick but not thick. Otherwise, add a little water.

## *Accompagnement*

Served with steamed potatoes or tagliatelle.