

Burgundian beef

Ingredients

For 4 people

800 g of beef for bourguignon (beef "to simmer in ragout" plays beef ...) detailed in pieces

a little oil

3 carrots

2 onions

4 Paris mushrooms

2 garlic cloves (optional)

40 g of flour or cornstarch

100 g of bacon

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

250 ml of red wine

parsley

1 bouquet garni (laurel, thyme etc...)

Preparation

This traditional recipe requires a long cooking time. The more the beef is simmered, the better it will be. The Burgundian beef will be very good heated the next day too.

1. If possible, the day before, marinate the beef with the bouquet garni in the wine.
2. The same day, peel the carrots and onions, cut them into slices (thick for carrots, 3-4 mm) and brown them in the oil in a casserole dish.
3. Add the bacon and chopped garlic
4. Remove the vegetables and bacon from the casserole dish and set aside.
5. With a skimmer, remove the beef from your marinade and brown it in the casserole dish. When the meat is golden brown, add the flour and distribute well, stirring.
6. Then add the vegetables to the casserole dish, the broth, and the wine with the bouquet garni.
7. Salt, pepper and cook over low heat for 3 hours.
8. Then add the washed mushrooms, stained and cut into strips. Cook for another 30 minutes.

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

Accompagnement

Uses accompanied by steam potatoes, or tagliatelle.