

Bœuf Bourguignon

PREPARATION
approx. 45 min

BRAISING
approx. 3 hrs

TEMPERATURE
170 °C

SERVINGS
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INGREDIENTS

- ☐ 1.5 kg lean beef (leg or shoulder)
- ☐ 150 g diced bacon
- ☐ 300 g red pearl onions / shallots (or 6 medium onions)
- ☐ 400 g button mushrooms, cleaned
- ☐ 1 tbsp flour (approx. 60 g)
- ☐ 2 tbsp cognac
- ☐ 1 bottle red wine
- ☐ 250 ml beef stock
- ☐ 1–2 bay leaves
- ☐ 3–5 garlic cloves
- ☐ 1 stick leek
- ☐ tomato purée
- ☐ plenty of thyme (dried: 2 tbsp), 1 small sprig of rosemary, herbes de Provence, salt, pepper
- ☐ soup vegetables

METHOD

- 1 Trim the beef of all skin and fat and cut into 4–5 cm cubes.
- 2 Fry the bacon, add the pearl onions or shallots and braise in the covered casserole for about 10 minutes. Add 200 g of the mushrooms whole.
- 3 Lift everything out with a ladle. Brown the beef cubes on all sides over high heat in the onion-and-bacon fat – do not pierce them with a fork. The meat juices should cook away completely.
- 4 Dust with the flour, stir and deglaze with the cognac (or brandy, Marc de Bourgogne) or directly with ¾–1 bottle of red wine (ideally Burgundy) and the stock.
- 5 Add the onion, bacon and mushroom mixture, salt, bay leaves, a little tomato purée, the herbs, rosemary and the crushed garlic. Bring to the boil, cover tightly and braise over a low heat for 1 to 1½ hours.
- 6 Add a bouquet garni: 4 peeled carrots, 1/8 celeriac and the leek, cut into slices or rings. Top up with a little water and wine if needed and braise for a good half hour more. The meat is done when it pulls apart easily with a fork.
- 7 Finally season to taste with wine, black pepper, salt, 1 tsp sugar, a few drops of lemon juice and cognac. Thicken with starch or dark gravy granules if you like.

NOTES

Cook the onions, mushrooms and beef separately so that nothing gets too soft. Alternatively braise in the oven at 170 °C for about 3 hours.