

Beef bourguignonne

Marinade

1lt	red wine		1kg	top side
1g	oil		5g	oil
150g	carrots	} sliced	100g	lard
150g	onions		100g	plain flour
150g	celery		1lt	Convenience beef stock
1	garlic clove (crushed)		250g	streaky bacon cut into 5mm wide strips (lardons)
15	pepper corns		30	button mushrooms
1	bay leaf		30	button onions
1	sprig thyme			
2	cloves			
3/6	parsley stalks			



Start by adding all of the marinade ingredient together in a bowl and add the beef. Leave to soak for 5-6 hours (starting the marinade the night before is best).

Remove the beef from the marinade and pat dry. Place the oil in a frying pan and heat up. When the oil is hot add the beef and brown. Remove from the frying pan and add to a casserole or braising dish. Strain the vegetables from the marinade and add to the hot frying pan. Brown off and place them with the beef. In the frying pan add the lard and melt. Add the flour and stir together until they resemble a sandy texture (known as a roux). Now gradually add all the beef stock to the roux, whisking continuously and boil for a few minutes to thicken the stock up. Pour the thickened mixture into the braising dish so that it covers two thirds of the beef. (Add the marinade liquor if there isn't enough thickened stock). Place in a Pre-heated oven at 180°C for approximately 2 ½ hours (until tender).

When the meet is tender remove from the sauce and cover to keep warm. Correct the seasoning, colour and consistency of the sauce and pass through a fine sieve (use the marinade liquor to adjust the consistency if it is too thick), place in a suitable pan and also keep warm. Fry the lardons in a pan with a little oil until brown and then drain on some paper. Saute the button mushrooms and button onions in the lardons pan. Then add the mushrooms, onions, and lardons to the sauce and simmer for 5 minutes.

Remove any string from the beef and carve across the grain into 3mm thick slices. Dress the beef neatly on a plate overlapping the beef and coat with the sauce and garnish. Sprinkle with chopped parsley and serve with the remainder of the sauce in a sauce boat.