

# BEEF BOURGUIGNON

BOEUF BOURGUIGNON – GLUTEN FREE

PREP 0:25 MIN / COOK 1:00

## INGREDIENTS

750ML RED WINE  
1/4 CUP OLIVE OIL  
1KG GRAVY BEEF, CUT INTO  
LARGE CHUNKS  
2 RASHERS BACON, DICED  
1 ONION, DICED  
1 LEEK, SLICED  
2 LARGE CARROTS, PEELED  
AND SLICED  
2 CELERY STALKS, SLICED  
6 ESCHALLOTS (TINY BROWN ONIONS) PEELED AND HALVED  
10 SPRIGS THYME  
7 BAY LEAVES  
300G BUTTON MUSHROOMS

## METHOD

1. IN A SMALL SAUCEPAN, BRING THE WINE TO THE BOIL AND SIMMER FOR 5 MINUTES. SET ASIDE.
2. IN A LARGE PAN, HEAT THE OIL AND BROWN THE BEEF IN BATCHES UNTIL WELL SEARED, AND SET ASIDE.
3. IN THE SAME PAN, FRY THE BACON, ONIONS, LEEKS, CARROTS AND CELERY FOR 5 MINUTES. ADD THE BEEF BACK INTO THE PAN WITH THE RED WINE, THYME AND BAY LEAVES.
4. BRING TO THE BOIL AND PLACE LID ON THE PAN. SIMMER FOR 45-50 MINUTES, UNTIL THE MEAT IS TENDER.
5. ADD THE MUSHROOMS TO THE PAN AND COOK FOR A FURTHER 10 MINUTES WITH THE LID OFF. REMOVE BAY LEAVES BEFORE SERVING.

## NOTE

THIS DISH IS BEST SERVED WITH PARIS MASH AND STEAMED CARROTS.