



KANONKOP

WINE ESTATE



Beef Bourguignon

INGREDIENTS:

3 Tbls olive oil
2 Tbls butter
1 large onion, chopped
2 cloves garlic, minced
1kg stewing beef
125g streaky bacon, cut into lardons
2Tbls flour
2 large carrots
12 small onions (as used to make pickled onions)
Punnet of button or portabellini mushrooms
2 Tbls tomato paste
750ml red wine
500ml beef stock
3 Bay leaves
1 tsp thyme
1 tsp parsley
Salt & black pepper

METHOD:

Sauté the bacon in a heavy bottomed pot or Dutch Oven on the stove-top with 2 Tbls olive oil. When browned removed the bacon with a slotted spoon and set aside. Sauté the chopped onion in the residual bacon fat until transparent.

Cut the beef into 2 to 3cm square cubes, pat dry and add to the pot with an additional tablespoon of olive oil and the butter. Brown the beef all over and once browned sprinkle over the flour and stir to combine. Now add the garlic and tomato paste and cook stirring for an additional two to three minutes.

Pour over the wine, stock, herbs, the cooked bacon, bay leaves, salt and pepper and cook in a pre-heated oven at 160° C for 2 hours.

Meanwhile brush to clean the mushrooms, cut into quarters the sauté in a hot pan with a tablespoon of olive oil and a teaspoon of butter, add salt and when browned set aside.

After two hours add the mushrooms to the pot with the beef, stir to combine the return the pot to the oven. Reduce the temperature to 140° and cook for a further one to two hours, or until the beef is fork tender.

Serve with mashed potatoes and a bottle of Kanonkop Paul Sauer.

