

Beef Bourguignon

7 REGULAR
4 PUREED

Blend to a smooth consistency upon completion



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Sweet potatoes are healthy vegetables; they are filled with antioxidants and a good source of dietary fibre, potassium and vitamins. They are low in sodium, saturated fat and cholesterol.



Shopping List

- 2kg shin or braising steak
- 2 onions
- 2 sticks celery
- 1 pint fresh stock
- 2tbsp flour
- 400g pancetta
- 400g whole, small shallots
- 1 bottle red wine (Merlot is best)
- sprig fresh thyme
- salt and freshly milled black pepper



Directions

1. Preheat oven 180°C/350°F/gas 4
2. Chop onions, shallots, pancetta and celery and cook with a little olive oil.
3. When onions are transparent, add the beef. Stir until beef is browned then add the vegetables, a spoonful of flour and the wine.
4. Add the fresh thyme, salt and pepper and when boiled, transfer to the oven and cook for 2 hours. Fry the button mushrooms in a little butter and add to the pot.
5. Put back in the oven for another hour.
6. Add chopped parsley and serve with rice or sweet potato mash.
7. Once cooked, this can be thickened with cornflour or left thin for puréeing.