

Boeuf Bourguignon

With winter here to stay for a few months, what is nicer than a hot, delicious stew. This recipe is adapted from "The best of our recipe communities" recipe book. It is delicious to warm up with a dish like this on cold, wintry evenings. Enjoy with your choice of starch, vegetables, and bread.

NB: Suitable for both TM5 and TM31

Total time: 1h 30min

Serves: 6

Ingredients

2 tbsp olive oil
200-250 g onions, thinly sliced
800 g beef meat, cubed (2-3 cm) (preferably top rump, chuck, collar or cheek)
150 g streaky bacon, cut into strips
3 garlic cloves
400 g carrots, sliced
250 g red wine, preferably Burgundy, or any full-bodied red wine
250 g water
1 tsp salt (adjust to taste)
2 pinches black pepper, ground (adjust to taste)
1 bouquet garni (bay leaf, thyme and parsley)
200 g button mushrooms, sliced
2 tsp corn flour (starch) (optional)



Method

1. Place oil, onions, beef and bacon into a non-stick frying pan and brown for 5 mins.
2. Place garlic into mixing bowl and chop **5 sec/speed 5**. Scrape down sides of mixing bowl with spatula.
3. Add browned meat and onions, carrots, wine, water, salt, pepper and bouquet garni.
Cook **20 min/100°C/reverse/speed 1**.
4. Add mushrooms and cook a further **20 min/100°C/reverse/speed 1**.
5. Check consistency of sauce. If you prefer it thicker, add corn flour and cook a further **4 min/reverse/speed 2**.

Cook's notes

- Serve this dish as it is, or accompanied with pasta, potatoes or rice.
- You can prepare the dish the day before. This gives the flavors a chance to develop and mature overnight.

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