

# BEEF BOURGUIGNON

## EQUIPMENT

SMALL AND LARGE MIXING BOWLS, LARGE CASSEROLE DISH, TONGS, WOODEN SPOON, BAKING TRAY, RICER, SMALL SAUCEPAN, CHEF KNIFE, FINE MESH SIEVE

## INGREDIENTS

2-4 BEEF CHEEKS, 1 BOTTLE RED WINE (SHIRAZ) 1 BROWN ONION,  
1 LARGE CARROT, 4 BAY LEAVES, 2 SPRIGS OF ROSEMARY, 15 BLACK PEPPERCORNS, 4 SPRIGS OF THYME, 3 POTATOES,  
8 BUTTON MUSHROOMS, 5 WHOLE SHALLOTS, 1 BUNCH DUTCH CARROTS, 1 TIN CRUSHED TOMATOES,  
500GM BEEF STOCK, 1 SHEET PUFF PASTRY, BUTTER, CREAM, 1 EGG YOLK

## METHOD

IN A LARGE MIXING BOWL PLACE HERBS, BAY LEAF, PEPPERCORNS, ROUGHLY CHOPPED CARROT, ONION AND WINE

REMOVE THE CAP OF FAT FROM THE BEEF CHEEKS AND PLACE THE CHEEKS IN THE WINE MIXTURE. COVER WITH CLING FILM AND MARINATE FOR 24 HOURS IN THE FRIDGE

THE FOLLOWING DAY PEEL THE POTATOES AND CUT INTO 1/4 'S PLACE ON A PERFORATED TRAY AND INTO THE OVEN STEAM SETTING 100 DEGREES FOR 45 MINS. (SEE OUR PERFECT MASH VIDEO FOR FURTHER INFO)

HEAT A LARGE CASSEROLE DISH OVER MEDIUM HEAT. REMOVE THE CHEEKS FROM THE WINE MIXTURE AND STRAIN.

ADD A SPLASH OF OLIVE OIL TO THE CASSEROLE DISH AND SEASON THE CHEEKS WITH SEA SALT AND SEAL THE CHEEKS ON BOTH SIDES UNTIL GOLDEN SET ASIDE

STRAIN THE WINE INTO THE SAME CASSEROLE DISH AND ADD THE MARINATED HERBS, DISCARD THE VEGETABLES AND REDUCE OVER HIGH HEAT UNTIL THERE IS APPROX 200ML OF LIQUID REMAINING

ADD THE STOCK THE TIN OF TOMATOES AND THE BEEF CHEEKS AND BRING TO THE BOIL, ONCE BOILED PLACE THE LID ON THE POT AND PLACE IN THE OVEN UNTIL THE POTATOES HAVE FINISHED

ONCE THE POTATOES ARE DONE REMOVE THE LID FROM THE POT AND ADD THE SHALLOTS, DUTCH CARROTS AND MUSHROOMS AND CHANGE THE OVEN SETTING TO COMBI MODE 150 DEGREES FOR 2.5 HOURS

MAKE THE MASH AND SET ASIDE (SEE OUR VIDEO)

FOR THE PASTRY CUT A 7-8CM LONG RECTANGLE AND SCORE THE TOP OF THE PASTRY IN A DIAMOND PATTERN, CUT IN HALF AND PLACE ON A BAKING TRAY LINED WITH BAKING PAPER. MIX THE EGG YOLK WITH A LITTLE WATER TO MAKE AN EGG WASH AND BRUSH OVER THE PASTRY

BAKE THE PASTRY WITH THE BEEF CHEEKS FOR 12-15 MINS UNTIL GOLDEN AND SET ASIDE

5 MINS BEFORE THE BEEF CHEEKS ARE DONE HEAT THE MASH IN A POT OVER MEDIUM HEAT

REMOVE THE CHEEKS FROM THE OVEN AND PLACE A SPOON OF MASH IN THE MIDDLE OF A SERVING BOWL. SPOON OUT A BEEF CHEEK AND A MIXTURE OF THE VEGETABLES ON TOP OF THE MASH AND SPOON OVER A GENEROUS AMOUNT OF SAUCE

TOP WITH A PIECE OF PUFF PASTRY AND GARNISH WITH SOME FRESH HERBS

(CONT'D)

### **HINTS & TIPS**

- CHEAPER CUTS OF BEEF SUCH AS THE CHEEK MAKE FOR A VERY ECONOMICAL DINNER, SLOW COOKING IS THE ONLY WAY TO COOK THESE SECONDARY CUTS
- MARINATING THE BEEF IN RED WINE OVERNIGHT GIVES THIS DISH A RICH FLAVOUR BASE, MAKE SURE YOU REDUCE THE WINE ENOUGH OTHERWISE THE END RESULT CAN BE A LITTLE ASTRINGENT
- THIS DISH IS BEST SERVED IN THE DEPTHS OF WINTER; IT CAN BE MADE A DAY IN ADVANCE AND RE-HEATED GENTLY. THE FLAVOURS WILL DEVELOP EVEN MORE OVER TIME