

Beef Bourguignon



I have made other versions of Beef Bourguignon in the past and I even think there is a really old recipe of this delectable, indulgent beef stew already on the website that is served with a salt baked baked potato. This version is slightly updated and served with a gorgeously rich and creamy mash that was an absolute comfort food triumph in the self-isolating phase of the Covid19 outbreak. Note the past tense, I am so hoping you are all reading this in the days that this godforsaken virus has departed and our lives have returned to normal. Peace out.

Prep time: 30 Minutes
\$ Low Budget

Cooking Time: 2 1/2 Hours

Serves 4

Olive oil for frying

800gm of chuck steak, cut into 2-3cm chunks

100gm of speck*, rind removed and sliced into little batons (lardons)

12 pickling onions, peeled

1 punnett of swiss brown mushrooms, halved

8 thyme sprigs

4 garlic cloves, finely minced

1 cup of good red wine

300ml of beef stock (salt reduced preferably)

2 tbs of tomato paste

1 tsp of sugar

Sea salt & cracked black pepper

1/2 cup of finely chopped continental parsley

For the Creamy Mash:

4 large dutch cream potatoes, peeled and cut into chunks (these are the absolute best for mashing but not essential)

50gm of butter

150ml of pure cream

Sea salt and lashings of ground white pepper

To make the Beef Bourguignon heat a large heavy based pan or casserole dish and add a little olive oil. Fry the speck batons until golden and crispy.

This may take 5-10 minutes and it will make a mess so use a splatter guard if you have one or get someone else to clean up ☐

Once golden, remove the speck and drain it on a piece of paper towel. Add a little more oil to the pan if needed, season the beef and brown it in batches, making sure the pan is nice and hot, until golden and caramelised. Place it in a bowl and set aside.

Place the whole onions in the pan and sear them on as many sides as possible until golden, remove from the pan and set aside. Add the garlic and thyme (with a little more oil if needed) and fry for a few minutes before adding the wine. Stir well, scraping the bottom of the pan to get all the lovely flavour off the bottom and reduce the wine by about half before adding the stock. Bring to a simmer, add the tomato paste and sugar and season with a little salt and pepper. Return the meat, speck and onions to the pan and add the mushrooms. Stir, cover with a piece of baking paper (nice and tucked in) and cover with a tight fitting lid and allow to cook on a low simmer, stirring occasionally for 1 1/2 to 2 hours or until the meat is meltingly tender. Remove the lid for the last 10-15 minutes to allow the sauce to reduce slightly.

Bring the potatoes to the boil in a large pot of water and cook until tender when pierced with a knife. Drain well and mash with a potato masher until lump free. Place the pot on a low heat and add the butter, cream and salt and pepper. Use a wooden spoon to whip the potatoes until gloriously creamy and smooth. Have a wee taste and add any seasoning if necessary.

To plate, divide the mash between 4 shallow serving bowls and spoon the Beef Bourguignon over the top. Sprinkle with chopped fresh parsley and serve with a side of steamed green beans.

*Speck is a smoked pork product that can be found in the delicatessen section of the supermarket. You could use bacon or pancetta as a substitute.

Leftover Speck? You may want to cook this....

<https://emsfoodforfriends.com.au/roast-chicken-with-speck-cranberry-pine-nut-stuffing/>

