

Bœuf Bourguignon

Ingredients :

1 tbsp. olive oil
100 gr bacon in strips
50 gr butter
10 shallots peeled and cut into quarters
1 kg of lean beef rags in pieces of approx. 3 cm
2 tbsp. tomato paste
4 dl of red wine
2 tbsp. parsley
2 teaspoons. thyme
250 g mushrooms scrubbed
1 tbsp. corn starch

Preparation

1. Heat the oil in a frying pan and fry the bacon in it. Remove this from the pan and keep it apart
2. Add 2 tablespoons of butter to the oil and fry the shallots on high temperature until brown. Take them out of the pan. Now fry the meat cubes brown in 5 minutes. Add the tomato paste and slowly add the wine. Add parsley and thyme and let it simmer for 2 ½ hours with the lid on the pan (or 30 minutes in the pressure cooker)
3. Heat the rest of the butter in a frying pan and fry the mushrooms on high temperature until brown. Stir the mushrooms, shallots and bacon through the meat and let it simmer for a while. bind the sauce with some corn starch dissolved in water
4. Serve with boiled potatoes and a salad.

Enjoy your meal

