

## Classic Beef Bourguignon



**Serves:** 6-8

**Profitability:**

**Steps:**

Put olive oil in a large casserole dish and heat until hot

Brown off the beef and onions then mix together adding the plain flour to soak up all of the juices

Add the wine bit by bit making sure you keep stirring to combine the flour, juices and wine

Add garlic, thyme and bay leaves and season

Cook on a low heat for 3 hours and in the meantime add a splash of olive oil to a small pan and gently fry the lardons and shallots together and stir in with mushrooms for another hour cooking time

Serve piping hot with a simple accompaniment of long-grain rice for a summery take on one of our favourite classics

**Ingredients:**

3 lbs stewing steak, cut into bite-size chunks

4 tbsp olive oil

2 small/med onions, chopped roughly

2 tbsp plain flour

1 bottle red wine

3 sprigs fresh thyme or 1 tsp dried thyme

3 cloves garlic

2 bay leaves

10 baby shallots

450g smoked bacon lardons

225g chesnut mushrooms, sliced (optional)

Salt and pepper to taste