

BEEF BOURGUIGNON

New recipe



Preparation : 15 min - **Resting :** - - **Cooking :** 2 hr 25 min - **Equipment :** -

Ingredients : 4/6

- 1 kg beef chuck, diced (3-4cm) - 3 carrots (300g), sliced - 1 onion, sliced - 1 bouquet garni - 500 ml red wine - 2 garlic cloves - 150 g smoked lardons or bacon - 4 tbsp cornflour - 2 tbsp tomato puree - salt, pepper - 2 tsp rich beef stock - 3 tbsp oil

1. Start the day before serving: marinate* the diced beef overnight in red wine with the sliced carrots, onion and bouquet garni*.
2. The following day: take the beef out of the marinade and set aside. Put the lardons or the smoked bacon, diced beef, oil and garlic in the metal bowl. Run the EXPERT programme, 5 minutes/speed 2A/110 °C.
3. Add the marinated* carrots and onion, bouquet garni*, tomato puree and season with salt and pepper. Dilute the powdered beef stock in 200ml warm water and add to the metal bowl; cover the beef with the marinade. Run the EXPERT programme, 20 minutes/speed 1A/110 °C.
4. Add the cornflour (diluted in 4 tbsp of cold water beforehand) then restart the EXPERT programme, 2 hours/speed 1A/95 °C.
5. The meat should be tender when cooked. If necessary, continue the cooking 15-30 minutes/speed 0/95 °C (without the cap, to reduce* the sauce).

Chef's tip :

If you use another cut of beef than chuck, you may need to adjust the cooking time. If the sauce is too thin, thicken with a little cornflour. For a quicker version, reduce the marinade time. You can add a bit of ginger to enhance the taste.

Cook Expert ■

Modified on 06/06/2017

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