

Beef Bourguignon and puree of potatoes with olive oil |

Recipe for 4 servings

Description

A classic French stew, bourguignon! Pearl onions, mushrooms and pork lardons in a red wine sauce.

Note

Bourguignon is always better when prepared the day before and re-heated. This is true for most slow cooked (braised) stews.

Ingredients

Bourguignon

- 800 Gr Shoulder blade roast, large cubes
- 12 Unit(s) Frozen pearl onions
- 1 Pinch(es) Sugar
- 150 Gr Button mushrooms
- 50 Gr Smoked bacon
- 15 Ml Flour
- 15 Ml Butter
- 180 Ml Red wine
- 4 Sprig(s) Thyme
- 1 Sprig(s) Bay leaf
- 500 Ml Veal stock

- Salt and pepper
- Olive oil

Yukon gold potatoes with truffle

- 600 Gr Yukon gold potatoes
- 45 Gr Butter
- 45 Ml Milk
- 15 Sprig(s) Chives
- 10 Ml Truffle oil

- Salt and pepper
- Olive oil

Preparation

- Preparation time **120 mins**
- Preheat your **four** at **400 F°**

Preparation

Cut the beef into cubes. Cut the mushrooms into quarters. Cut the smoked bacon into lardons (cubes or strips). Finely chop the chives. Peel the potatoes and cut them into cubes.

Mashed potatoes with truffle oil

Place The potatoes in a sauce pot with cold salted water and bring it to a boil. Cook for 15 minutes. Once the potatoes are cooked, strain them and then mash them with the butter and milk. Add the chives and season with salt, pepper and the truffle oil.

Beef bourguignon

In a large pot, sweat the onions and meat for 3 minutes with a bit of oil, the butter and a pinch of salt and sugar. Add the pork, the mushrooms, the thyme and the bay leaf and cook for another 2 minutes. Dust with flour and cook for a few seconds then add the wine and veal stock. Bring to a boil, then transfer to the oven and cook for 3 hours.

Plating

Place the potatoes in a nice circle on the plate. Generously cover with the beef stew.

Bon appétit!