

# Beef Bourignon



This is a classic dish that is enjoyed by most people and is so well suited to long slow cooking.

## **INGREDIENTS**

- " 2 tbsp olive oil
- " 50g butter
- " 1 kg beef, cut into cubes
- " 3 garlic cloves, crushed
- " 1 large onion, sliced
- " 12 bacon rashers, chopped
- " 1 large carrot, chopped into smallish pieces
- " 2 tbsp plain flour
- " 2 tbsp tomato puree
- " 250g small button mushrooms
- " ¼ cup of brandy (this is optional but does give the dish great depth of flavour)
- " 1 bottle of strong red wine
- " beef stock if needed
- " 2 bay leaves
- " ½ tsp fresh ground pepper
- " small bunch of thyme
- " salt to season

## **METHOD**

1. Heat the olive oil in the inner pot over a medium heat.
2. Add the butter and let it melt.
3. In two batches brown the meat in the inner pot.
4. Once browned remove the meat and put to one side.
5. Add the garlic, onion, bacon, carrot and cook over a medium heat until the onion is soft.
6. Mix in the flour and cook for one minute stirring all the time.
7. Add the tomato puree and mix well using a little of the wine to loosen it if needed. Cook for 1 minute
8. Put the meat back in, add the brandy, mushrooms and the bottle of red wine.
9. Stir the mixture and if everything is not covered top up with beef stock.
10. Add the bay leaves, pepper and small bunch of thyme.
11. Put on the lid and bring to the boil.
12. Once boiling skim off any impurities that have formed on the surface. Then turn down the heat and simmer for 5 minutes.
13. Turn off the heat and put the inner pot into the out insulated container.
14. Shut the lid and thermal cook and thermal cook without power for a minimum of 3 hours. Longer would be better.
15. Serve with potatoes and vegetables of your choice

**NOTE: This meal is supplied by Chef Dave Knowles and is described for a 4.5 litre inner saucepan**

**and so you will need to adjust quantities if you are using something else.**

[www.thermalcookware.com.au](http://www.thermalcookware.com.au)