Burgundian beef

Ingredients

For 4 people 800 g of beef for bourguignon (beef "to simmer in ragout" plays beef ...) detailed in pieces a little oil 3 carrots 2 onions 4 Paris mushrooms 2 garlic cloves (optional) 40 g of flour or cornstarch 100 g of bacon 30 cl of vegetable broth (made with 1 cube of dissolved broth in hot water) 250 ml of red wine parsley 1 bouquet garni (laurel, thyme etc...)

Preparation

This traditional recipe requires a long cooking time. The more the beef is simmered, the better it will be. The Burgundian beef will be very good heated the next day too.

- 1. If possible, the day before, marinate the beef with the bouquet garni in the wine.
- **2.** The same day, peel the carrots and onions, cut them into slices (thick for carrots, 3-4 mm) and brown them in the oil in a casserole dish.
- 3. Add the bacon and chopped garlic
- 4. Remove the vegetables and bacon from the casserole dish and set aside.
- 5. With a skimmer, remove the beef from your marinade and brown it in the casserole dish. When the meat is golden brown, add the flour and distribute well, stirring.
- **6.** Then add the vegetables to the casserole dish, the broth, and the wine with the bouquet garni.
- 7. Salt, pepper and cook over low heat for 3 hours.
- **8.** Then add the washed mushrooms, stained and cut into strips. Cook for another 30 minutes.

The sauce must be linked but not thick. Otherwise, add a little water.

Accompaniement

Uses accompanied by steam potatoes, or tagliatelle.