

Beef bourguignon with creamy mash

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Don't be baffled by the amount of wine in this dish, the French knew what they were doing! Start your foray into French cuisine with this utterly delicious beef bourguignon.

Ingredients (serves 4)

- 500g beef chuck or blade [steak](#), diced
- 3 medium carrots, peeled and roughly chopped
- 6 French eschalots, peeled and roughly chopped
- 3 whole celery sticks, chopped
- 1 [leek](#), white part only, chopped
- ½ bunch fresh thyme sprigs or 2 tbsp dried leaves
- 6 fresh bay leaves or 10-12 dried
- 200 g rasher [bacon](#), cut into small strips
- 1½ cup beef stock
- 750 ml red wine
- 250 g button [mushrooms](#), dirt removed
- 5 medium potatoes, washed and quartered
- ½ cup tasty cheese
- Salt and pepper to taste
- ¼ cup olive oil

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- 2 tbsp butter, optional

Method

Heat two tablespoons of oil and the butter in a large, lidded casserole dish over high heat and brown the beef, working in batches if needed. Add vegetables, except for mushrooms, to the same pan with a little oil if needed, and stir-fry for a couple of minutes. Add thyme, bay leaves, and bacon, stir fry for a minute more then add beef stock.

Pour wine into a medium saucepan and bring to the boil. Cook for five minutes. This will get rid of acidity in the wine. Add the wine to the casserole, along with a generous pinch of salt and pepper.

Bring to a boil. Reduce heat to a minimum, cover and cook for about three hours or until the beef is tender. Add whole mushrooms. Mix well and cook for another 10 minutes or so.

Place chopped potatoes in a pot, cover with water and bring to the boil. Turn down the heat and boil for 15 minutes more, or until potatoes are soft. Using a potato masher, mash until smooth and creamy. Add cheese, season with salt and pepper, and stir until cheese is melted through.

To serve, put a dollop of creamy mash on the plate, top with beef and extra sauce, and enjoy.

Tip: You can prepare this dish in a slow cooker. Simply brown meat and sauté vegetables including mushrooms with herbs and bacon. Transfer to a slow cooker, season with salt and pepper, add wine and stock. Cook for eight hours on low.

Recipe and images by [Martyna Angell](#)

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