



# MR HANS

## FRESH FAMILY FOOD

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Very Easy to Ambitious

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## PDF of Recipe



# Beef Bourguignon with Roasted Mash and Warm Sourdough Bread

Prep Time: 15 Mins

Cooking Time: 4 to 6 Hours

Serves 4

### INGREDIENTS:

- 4 x Beef Topside Steaks
- 250g of Smoked Bacon (Streaky)
- Carrots (Small)
- Button Mushrooms
- 8 x Cloves of Garlic
- Shallots (Small)
- 1 x Bottle of Red Wine
- Worcestershire Sauce
- Balsamic Vinegar
-  Packet Sauce Mix
- 2 x Bay Leaves
- Fresh or Dried Thyme
- Salt & Ground Pepper
-  Beef Stock
-  Mashed Potato
- Melted Butter
- Ground Nutmeg
- Fresh Parsley
- Crusty Bread



### EQUIPMENT:

- Frying Pan
- Oven
- Casserole Pot or Slow Cooker
- Mixing Bowl
- Small Oven Proof Dish

### CHEAT INGREDIENTS:

- 1 x Packet of Beef Bourguignon Mix
- Fresh Mashed Potato
- Your Choice of Sourdough Bread

### WHY THESE CHEATS ?

"Many cooks shy away from packet sauce mixes, and I've always wondered why? If this was the only flavouring used, this dish would be bland. Using all the different flavourings shown in this recipe ensures a great depth of flavour. Why fresh mashed potato from the chilled cabinet? Simply put, there is nothing wrong with it. Most brands have only potato, vegetable oil and salt as the ingredients. This recipe goes further with flavour using butter, pepper & freshly ground nutmeg and when roasted you get a great tasty crust. Then who can't resist warm crusty bread to mop up the last of the sauce?" - MR HANS

## EXTRAS:

Olive Oil

Flour

Water & Cornflour

## METHOD:

Once you have followed this recipe a couple of times, you should only need to refer to the list of ingredients as a reminder, as the preparation process is simple. The dish can either be cooked in an oven, slow cooker or in a large cooking pot on a stove. The benefits of an oven or slow cooker are clear as you can leave it to do its job. On a stove, you may need to keep an eye on it. I use beef topside steaks (sometimes referred to as 'frying steaks' or 'beef steaks' in the supermarket). You can of course use any type of cheaper cut of beef. Don't waste money on 'premium beef steaks' as they are not conducive to long slow cooking.

### BEEF BOURGUIGNON

- Dust the beef in flour and brown off in vegetable or olive oil in a hot frying pan for 2 to 3 minutes
- Place the beef into your casserole pot or slow cooker
- Slice the bacon into pieces and in the same pan, fry off until brown on the edges and add to the pot
- Add carrots, shallots, button mushrooms and cloves of garlic
- Add a generous splash of Worcestershire sauce (around 1 tbsp) and the same of balsamic vinegar
- Add the bay leaves and a few sprigs of thyme (around 1 tbsp if dried)
- Season with 1 tsp of salt and a healthy grind of black pepper and add the packet sauce mix
- Pour in the entire bottle of red wine and use the beef stock to completely cover all of the ingredients in the pot
- Tip: Beef stock cubes or concentrated beef stock pots are great, just crumble in and use cold water to top up
- Marinade in the fridge overnight for 12 hours
- Give it a good stir, cover with a lid or foil and place in the oven or slow cooker for at least 4 to 6 hrs at 140°C
- At the end of the cooking time, remove the bay leaves and thyme stalks and check the seasoning. If necessary thicken the sauce with 2 tps. of cornflour mixed into a little cold water

#### TEMPERATURES

Conventional Oven 140°C

Slow Cooker set to LOW

Hob? Boil, then simmer on lowest possible heat

### ROASTED MASH POTATO

- Empty the fresh mashed potato into a large mixing bowl
- Add a healthy grind of black pepper and freshly ground nutmeg
- Add 100g of melted butter
- With a fork, gently mix. You are looking for a crumbly type consistency
- Transfer the mash to a shallow ovenproof dish
- Roast in the oven for around 20 minutes at 190°C / 170°C fan, until there is a crispy top

Garnish with Freshly Chopped Parsley and serve with your  
choice of Warmed Sourdough Bread