

MALENY BLACK ANGUS BEEF

Beef Bourguignon

direct from Paris!



Method

Marinate Beef:

1. Place all the beef marinade ingredients in a large, non-reactive, ceramic dish (or a ziplock bag will also do the trick). Marinate overnight in the fridge (min 12 hours, max 24 hours).
2. Strain liquid into a bowl, reserve marinade. Separate the beef, carrots and onion.
3. Pour reserved marinade liquid into a saucepan and bring to a simmer for approximately 7 minutes on medium to high heat, skimming off any impurities that rise to the surface using a ladle, until it has reduced by half. Set aside.

Brown Beef & Vegetables

1. Preheat oven to 180 degrees celsius.
2. Line a tray with paper towels, spread your Maleny Black Angus grass-fed beef out and pat dry with paper towels.
3. Sprinkle beef with salt and pepper.
4. Heat 2 tbsp oil in a large, heavy based, oven proof pot over high heat. Add 1/3 of the Maleny Black Angus beef and brown aggressively all over. Remove into bowl, then repeat with remaining grass-fed beef, adding more oil as needed.
5. Add Maleny Black Angus Beef bacon and cook for 3 minutes until golden. Add to the bowl with the beef.
6. Add mushrooms and cook for 5 minutes, or until golden. Remove into a new bowl.
7. Add a bit of extra oil if needed, then cook onions for 5 minutes or until there are golden patches, add to bowl with mushrooms.
8. Add butter into pot. Once melted, add carrot and cook for 3-4 minutes until there are golden patches. Add garlic and cook for a further 1 minute.
9. Add tomato paste and cook for 2 minutes.
10. Add flour and cook for 2 minutes.
11. While stirring, slowly pour in the Maleny Black Angus Beef Bone Broth – pouring slowly helps the flour dissolve without any lumps. Then add the reserved wine marinade liquid and mix until flour mixture is dissolved and mostly lump free – don't fret about lumps, they'll dissolve later during the slow cooking process.
12. Add beef, bacon, thyme, bay leaf, salt and pepper into the pot, then stir well.

Slow Cooking:

1. Bring all ingredients to a simmer on the stove, then cover and transfer to the oven for 1 hour.
2. Remove from oven, then stir in mushrooms and onion.

Ingredients

Beef Marinade:

- 800g of Maleny Black Angus Beef diced steak
- 2 large carrots (sliced)
- 16 small, round pickling onions or 2 brown onions (halved then cut into 1cm slices)
- 1 bay leaf
- 3 sprigs of thyme
- 750mL Pinot Noir

Browning Beef:

- 3 tbsp olive oil
- 3/4 tsp salt
- 1/2 tsp pepper

Stew:

- 200g button mushrooms (halved)
- 150g of Maleny Black Angus Beef bacon (cut into 1cm batons, leave fat on)
- 50g unsalted butter
- 3 garlic cloves (minced)
- 2 tbsp tomato paste
- 6 tbsp plain flour
- 3 cups of Maleny Black Angus Beef Bone Broth
- 1/4 tsp salt
- 2 tbsp chopped parsley (garnish)

Serves: 5 people

Preparation Time: 40 mins

Marinating Time: 24 hrs

Cooking Time: 2 hrs 30 mins



Slow Cooking (continued):

3. Cover with a lid and return to the oven for 1 1/2 hours, or until beef is fall-apart tender.
4. Remove from oven, taste sauce and add salt if needed (trust your taste buds – the salt is important!).
5. If time permits, we recommend to leave this overnight before serving, because as with all stews, it gets even better with time! Reheat gently on a low stove.
6. Serve over mashed potato.

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