

Brunskill Beef

Traditional Hereford Cattle



Brunskill Beef Bourguignon

Preparation time: 20 minutes / 3 hours marinating

Cooking time: 2 hours and 15 minutes

Ingredients

800g Brunskill Beef braising steak	1 bouquet garni made with, 1 parsley sprig, 1 thyme sprig and 1 small bay leaf, tie together with string
1 litre full-bodied red wine	2 carrots, peeled and cut into chunks
2 thyme sprigs	12 silverskin onions
4 garlic cloves, crushed	100g small button mushrooms
3 tbsp Cognac	100g pancetta, diced
100ml sunflower oil	1 handful of flat-leaf parsley, roughly chopped
2 tbsp plain flour	salt and freshly ground black pepper
600ml Chicken Stock	

Method

1. Mix together the beef (cubed), wine, thyme, garlic and Cognac. Cover with cling film and leave to marinade in the fridge for at least 3 hours. Drain the meat into a bowl, using a colander, and reserve the marinade.
2. Heat 4 tablespoons of the oil in a large saucepan over a medium heat. Add the meat and cook for 20 minutes until brown, season with salt and pepper; then sprinkle with the flour and cook, stirring for a further 2-3 minutes. Add the stock and reserved marinade and bring to the boil. Skim off any foam and add the bouquet garni, reduce the heat to low and simmer, partially covered, for 1 hour 45 minutes, stir occasionally, until the meat is tender.
3. About 45 minutes before the end of the cooking time, heat another saucepan and 1 tablespoon of oil over a medium-low heat. Add the carrots and onions and cook for 10 minutes or until soft and pale gold in colour; then add to the meat saucepan.
4. When the meat is almost ready, heat the remaining oil in a frying pan over a medium heat. Add the mushrooms and pancetta and fry for 8-10 minutes, stirring occasionally, until golden brown, then add them to the beef. Check the seasoning adjusting the salt and pepper if necessary, throw in the parsley and stir gently without breaking the delicate pieces of beef.