



# CHARDONS

## SATURDAY - MAIN COURSE

### **Beef Bourguignon/Veggie Option**

**with Mustard Crushed Potatoes and Braised Red Cabbage**

**Serves: 10 Persons/3 Persons**



#### **CHEF'S TIPS**

- ✪ Make sure the chunks of meat are similar in size. If not, cut the big ones in half so that they all cook at the same time.
- ✪ The Friday evening meal also has cabbage, so to save time, make double the amount on Friday then you can just re-heat it on Saturday.
- ✪ Don't season the cabbage until the very end or it will lose its colour.



## Recipe Ingredients

### **Bourguignon**

1.5kg	Braising steak, cut into chunks
1 bottle	Red wine
0.5kg	Frozen chopped onions
1tsp	Frozen chopped garlic
0.5kg	Mushrooms, washed and chopped
3	Large carrots
3tbsp	Plain flour
3tbsp	Tomato puree
2tbsp	Veg stock
2tbsp	Beef stock
	Corn flour (if needed for thickening)
1tbsp	Wholegrain mustard
	Chopped parsley
	Pepper to season

**Use Gluten Free flour to make GF**

Not suitable for **GF** (see page 3)

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### **Crushed Potato**

20	Medium sized potatoes
1tbsp	Wholegrain mustard
2tbsp	Chopped parsley
50g	Butter
1	Egg
	Salt & Pepper to season

Not suitable for **LF/VG**

Not suitable for **VG** (see page 3)

### **Braised Red Cabbage & Green Bean**

Half	Whole red cabbage
0.5L	Red wine
1L	Water
0.5L	Orange juice
	Salt, pepper and sugar for seasoning
0.5kg	Green beans, cook separately



### Morning Preparation

#### **9:00am Bourguignon Prep**

(After breakfast has been served and the cake is in the oven, start preparing your beef for the evening meal).

47. Place the colander in the sink and strain the meat.
48. Heat the oil in a large pan.
49. Coat the beef lightly in flour/**GF flour** (see page 3)
50. Brown the meat in batches on a high heat transferring into a separate bowl once browned.

#### **9:30am** (Once all the meat is browned)

51. Use the same pan to heat some oil and fry the onions and garlic until all the water has evaporated and they start to colour.
52. Peel carrots and chop, keep chunky, continue cooking for further 5 minutes.

#### **9:45am**

53. Stir in the tomato puree and cook for 2 minutes, then add the flour/**GF flour** and continue cooking for further 2 minutes, stirring constantly.
54. Add the browned beef back into the pan with all the remaining juices, red wine and water (use the same amounts, enough to cover the beef), both stocks and chopped mushrooms. Season with pepper and bring to a simmer. For **V/VG** option add haricot beans.
55. Give it a good stir and cook on a low heat for approx. 4-5 hours until the meat is really tender (half of this time will be in the afternoon).

#### **10:00am**

56. Cut the potatoes into chunks (leave the skin on) and wash them under cold water.
57. Place in the large pan with water and a pinch of salt. Set aside ready to be cooked in the evening.
58. Peel the outside of layers and remove the core of the cabbage, then dice thinly. This can also be done using a food processor with the right attachment.
59. Add it to a separate pan with enough wine, juice and water to cover the cabbage completely and leave on the side. Do not season until the very end of cooking.



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60. In a separate saucepan put the frozen green beans and cover them with water. Leave aside ready to be cooked in the evening.
61. Check berry coulis and remove tart from the oven.

## 11:00am

62. Turn off the heat to the Bourguignon, cover and leave on the side.

## Evening Preparation

### 5:00pm

63. Put the Bourguignon back on the heat, heat the cabbage and potatoes on a high heat with the lids on, bring up to boil
64. Put the cabbage on a high heat and bring to the boil. Then simmer for 2-3 hrs, until cooked. Make sure cabbage is always covered with liquid, add more wine and water if needed.
65. Bring potatoes to a boil and simmer until they are cooked, approx. 30 minutes.
66. Bring the bourguignon back to a simmer for another 2 hours. Remember to stir to prevent the pan from burning.

### 5:30pm (Check the beef with your fingers to see how tender it is).

67. If the potatoes are cooked, place a colander in the sink, drain and put them back in the pan.
68. Season with salt, pepper, mustard and chopped parsley, and mix thoroughly.
69. Add egg and butter and mix again. **VG** or **LF**: take a portion of potatoes before adding butter & egg; this can be warmed up in a microwave before serving.
70. Once all the potato ingredients are combined, use a catering ring and table spoon to portion them onto a baking tray lined with baking paper (see video).
71. Once portioned, leave them aside ready to warm up later. You'll need to heat them at 180°C for approximately 20 minutes before serving the starters.

### 6:00pm

72. Check the beef again (this should be done regularly).
73. It should be tender and almost falling apart in your mouth. Simmer for longer if not, stirring constantly so that nothing burns on the bottom of the pan.



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74.If it is cooked, you can thicken up the sauce with a little corn flour if necessary. Finish with some chopped parsley and adjust seasoning. Turn the heat off and just warm it up before serving.

**6:15pm** (Once all potatoes are done and just before you start preparing the canapés).

75.Put the green beans on a high heat, bring to the boil and simmer for 3 minutes.

76.When cooked but still slightly crunchy, drain them in a colander, put them in a glass bowl, season with salt and pepper and leave covered with cling film on the side ready to warm up in a microwave for 3-4 minutes before serving.

**7:30pm** – (Right after you have served the starters)

77.Drain the cabbage in a colander. Put it back in the pan, season and mix. Cover with cling film to keep warm until served.

## To Serve

78.On a warm plate place 1 portion of potato just off the centre, add the red cabbage and green beans in a neat pile next to it, and on the remaining third of the plate, 3-5 pieces of beef depending on the size, then a few carrots and mushrooms per person. Sprinkle with chopped parsley.



**Bourguignon Vegetarian & Vegan Option**

**Serves : 3 Persons**



**Ingredients (serves 3)**

- |         |                                       |
|---------|---------------------------------------|
| 1 tin   | Haricot beans                         |
| 200ml   | Red wine                              |
| 200g    | Frozen chopped onions                 |
| 1 Pinch | Frozen chopped garlic                 |
| 3       | Mushrooms, washed and chopped         |
| 1       | Large carrots                         |
| 1tbsp   | Plain flour                           |
| 1tbsp   | Tomato puree                          |
| 1tbsp   | Veg stock                             |
|         | Corn flour (if needed for thickening) |
| 1tsp    | Wholegrain mustard                    |
|         | Chopped parsley                       |

**Use Gluten Free flour to make GF**

Not suitable for **GF** (see page 3)

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### **Morning Preparation**

**9:30am** (Cook this at the same time as Beef Bourguignon as it is the same step-by-step process - see video).

79. In a small saucepan, heat up some oil on a medium to high heat to fry the onions and garlic until all of the water has evaporated and they start to colour.
80. Add the carrots and continue cooking for a further 5 minutes.
81. Stir in the tomato puree and cook for 2 minutes, then add the flour/**GF flour** and continue cooking for another 2 minutes, stirring constantly.
82. In the meantime, drain and wash haricot beans in a colander.
83. Add the beans, red wine and water to the pan (equal amounts of the liquids, enough to cover the beef), add the veg stock, chopped mushrooms, season with pepper and bring to a simmer.
84. Give the stew a good stir and continue simmering for another 10 minutes until mushrooms are cooked.
85. Thicken the sauce with a little corn flour if needed then finish with some chopped parsley and adjust the seasoning.
86. Turn the heat off, cover the saucepan and leave aside.

### **Evening Preparation**

**7:30pm**

87. Warm the pan on a low heat and season with parsley.

### **To Serve**

88. Serve on a warm plate with potatoes, cabbage and green beans as for the beef. Sprinkle with chopped parsley.