

CHARDONS

DAY 1 - MAIN COURSE

Beef Bourguignon with Mustard Crushed Potatoes and Braised Red Cabbage

(S), (GF) & (NF)

Serves: 10 Persons/3 Persons



CHEF'S TIPS

1. 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.
2. 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.
3. Don't season the cabbage until the very end or it will lose its colour.



CHARILLONS

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	Use Gluten Free flour to make GF
3tbsp	Tomato puree	
2tbsp	Veg stock	Not suitable for (GF)
2tbsp	Beef stock	Not suitable for (GF)
	Corn flour (if needed for thickening)	
1tbsp	Wholegrain mustard	
	Chopped parsley	
	Pepper to season	

Crushed Potato

20	Medium sized potatoes	
1tbsp	Wholegrain mustard	
2tbsp	Chopped parsley	
50g	Butter	Not suitable for (VG), (LF)
1	Egg	Not suitable for (VG)
	Salt & Pepper to season	

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



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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).

1. Place the colander in the sink and strain the meat.
2. Heat the oil in a large pan.
3. Coat the beef lightly in flour/ (GF)
4. Brown the meat in batches on a high heat transferring into a separate bowl once browned.

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

5. 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.
6. Peel carrots and chop, keep chunky, continue cooking for further 5 minutes.

9:45am

7. 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.
8. 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.
9. 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

10. Cut the potatoes into chunks (leave the skin on) and wash them under cold water.
11. Place in the large pan with water and a pinch of salt. Set aside ready to be cooked in the evening.
12. 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.
13. 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.
14. In a separate saucepan put the frozen green beans and cover them with water. Leave aside ready to be cooked in the evening.



15. Check berry coulis and remove tart from the oven.

11:00am

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

***VIDEO UPDATE ***

NOTE, WE NO LONGER MAKE THE POACH PEARS FOR DIETARY REQUIREMENTS FOR

(VG), (LF), (GF), (NF)

PLEASE REFER BELOW:

[BANANA CINNAMON SPONGE RECIPE. CLICK HERE.](#)

Evening Preparation

5:00pm

17. Put the Bourguignon back on the heat, heat the cabbage and potatoes on a high heat with the lids on, bring up to boil
18. 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.
19. Bring potatoes to a boil and simmer until they are cooked, approx. 30 minutes.
20. 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).

21. If the potatoes are cooked, place a colander in the sink, drain and put them back in the pan.
22. Season with salt, pepper, mustard and chopped parsley, and mix thoroughly.
23. 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.
24. 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).



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25. 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

26. Check the beef again (this should be done regularly).
27. 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.
28. 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).

29. Put the green beans on a high heat, bring to the boil and simmer for 3 minutes.
30. 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)

31. 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

32. 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.

(VG) & **(LF)** – Remember to save some separate portions of potatoes before adding the eggs and butter to make the standard recipe.

(GF) – Please coat the beef in Gluten Free flour so the beef can be slow cooked in the one pot.



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(V), (VG), (GF) – [Please click here for the Vegan/Vegetarian Bourguignon.](#)