

CHARDONS

Bourguignon Vegetarian & Vegan Option

(V), (VG), (GF)

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



Morning Preparation

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

1. 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.
2. Add the carrots and continue cooking for a further 5 minutes.
3. 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.
4. In the meantime, drain and wash haricot beans in a colander.
5. 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.
6. Give the stew a good stir and continue simmering for another 10 minutes until mushrooms are cooked.
7. Thicken the sauce with a little corn flour if needed then finish with some chopped parsley and adjust the seasoning.
8. Turn the heat off, cover the saucepan and leave aside.

Evening Preparation

7:30pm

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

To Serve

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

(GF) – To make gluten free please use corn flour or gluten free flour to thicken the sauce.