Boeuf bourguignon

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	2 Hrs
Portions	4
Appliance	Combair SE from 2009

Preparation

2 carrots

2 onions

1 kg beef, for braising, allowing 60 g per person

750 ml red wine, burgundy

200 g champignons

150 g diced bacon

1 clove of garlic

1 tsp tomato purée

Salt

Pepper

(Pre-)heat cooking space to 160 °C with Hot air humid

Wash and peel the carrots and cut into 2 cm cubes. Peel and finely chop the onions. Peel and crush the clove of garlic.

Place all the ingredients in a porcelain dish, season and mix together well.

Put the porcelain dish on the wire shelf in the preheated cooking space. Cook.

Put the pastry in

Hot air humid 160 °C for 2 Hrs

1 tbsp sauce thickener, e.g. Maizena Express

Add 3 tbsp water to the sauce thickener and stir. Take the porcelain dish out of the cooking space after 90 minutes and quickly and carefully stir in the sauce thickener. Return the porcelain dish to the cooking space. Cook for another 30 minutes until the meat is tender.

Accessories

Porcelain dish ½ GN, depth 65 mm

Wire shelf

Additional information

Created on	11.12.2019