

# Beef bourguignon with creamy mash

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## Beef bourguignon with creamy mash

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Don't be baffled by the amount of wine in this dish, the French knew what they were doing! Start your foray into French cuisine with this utterly delicious beef bourguignon.

### Ingredients (serves 4)

- 500g beef chuck or blade [steak](#), diced
- 3 medium carrots, peeled and roughly chopped
- 6 French eschalots, peeled and roughly chopped
- 3 whole celery sticks, chopped
- 1 [leek](#), white part only, chopped
- ½ bunch fresh thyme sprigs or 2 tbsp dried leaves
- 6 fresh bay leaves or 10-12 dried
- 200 g rasher [bacon](#), cut into small strips
- 1½ cup beef stock
- 750 ml red wine
- 250 g button [mushrooms](#), dirt removed
- 5 medium potatoes, washed and quartered
- ½ cup tasty cheese
- Salt and pepper to taste
- ¼ cup olive oil

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- 2 tbsp butter, optional

### Method

Heat two tablespoons of oil and the butter in a large, lidded casserole dish over high heat and brown the beef, working in batches if needed. Add vegetables, except for mushrooms, to the same pan with a little oil if needed, and stir-fry for a couple of minutes. Add thyme, bay leaves, and bacon, stir fry for a minute more then add beef stock.

Pour wine into a medium saucepan and bring to the boil. Cook for five minutes. This will get rid of acidity in the wine. Add the wine to the casserole, along with a generous pinch of salt and pepper.

Bring to a boil. Reduce heat to a minimum, cover and cook for about three hours or until the beef is tender. Add whole mushrooms. Mix well and cook for another 10 minutes or so.

Place chopped potatoes in a pot, cover with water and bring to the boil. Turn down the heat and boil for 15 minutes more, or until potatoes are soft. Using a potato masher, mash until smooth and creamy. Add cheese, season with salt and pepper, and stir until cheese is melted through.

To serve, put a dollop of creamy mash on the plate, top with beef and extra sauce, and enjoy.

**Tip:** You can prepare this dish in a slow cooker. Simply brown meat and sauté vegetables including mushrooms with herbs and bacon. Transfer to a slow cooker, season with salt and pepper, add wine and stock. Cook for eight hours on low.

Recipe and images by [Martyna Angell](#)

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