



AuthenticRecipe

Beef Pot with Red Wine and Mushrooms

<i>Ingredients</i>	<i>serves 2</i>
<i>Preparation time</i>	<i>15 mins</i>
<i>Cooking time</i>	<i>30 mins</i>



THE **AUTHENTIC**
FOOD COMPANY™

Diced braising beef 450g
Bacon – derinded strips 100g
Oil 5ml
Plain Flour 50g
Red Wine 300ml
Soya Sauce/Teriyaki Sauce
100ml
Beef Stock 300ml
Garlic Puree 2 tsp
20 Peeled button onions
Washed button mushrooms 100g
Pinch of salt and pepper
Tomato Puree 20g

METHOD

- Heat oil in a large pan and brown the beef
- Sprinkle with the flour and cook gently for two minutes
- Stir in the wine stock, soy sauce, garlic puree, tomato puree and seasoning. Gently cook.
- Fry the bacon strips in a separate pan, add the onions and continue to fry for 5 minutes. Tip off all fat
- Add bacon and onions to the casserole
- Transfer all ingredients to a casserole dish and cook in a medium/warm oven for 90 minutes.
- After 90 minutes add the mushrooms to the casserole and cook for a further 30 minutes or until the meat is tender and the sauce has thickened.
- Serve