

30-minute beef bourguignon



Serves: 4



Cooking Time 25 minutes



Level: Capable



INGREDIENTS

100g Tassal smoked salmon
2 bagels
1 avocado
2 eggs
1 lemon
Pepper, to season

PREPARATION

- 1: Fill a saucepan with water and bring to the boil over high heat. Blanch the eschalots for 5 minutes or until just tender, then drain and set aside.
- 2: Heat 1 tablespoon oil in a large deep frypan over medium-high heat. Cook the eschalots, turning, for 2-3 minutes until golden. Remove from pan and set aside.
- 3: Add the butter and remaining 1 tablespoon oil to the pan. Add the beef, in batches and cook, turning, for 3-4 minutes until browned all over. Remove from pan and set aside.
- 4: Reduce heat to medium, add the pancetta, mushrooms, garlic, bay leaves and thyme, and cook, stirring, for 5 minutes. Add the tomato paste and cook, stirring, for 1 minute, then add the flour and cook for a further 1 minute or until combined. Stir in the wine and cook for 2 minutes or until slightly thickened. Add the stock, whisking to combine, then return the eschalots to the pan. Cook for 6-8 minutes until slightly reduced and thickened. Return the beef to the pan and simmer for a further 2 minutes or until warmed through.
- 5: Serve with mashed potato and garnished with rocket leaves.