

Beef Bourguignon

By VICTORIA SUMMERGILL from Bath Spa University



CALORIES:

165

Kcal / 100.0

5.6% Carbs

41.6% Protein

41.7% Fat

11% Alcohol

EU Label values per 100.0

Serves 9

	PER 100.0	%RI	PER 343 SERVING	%RI	
Energy(Kj)	697 kJ	8%	2392 kJ	28%	
Energy(Kcal)	167 kcal	8%	573 kcal	29%	
Fat	7.7 g	11%	26 g	37%	
of which saturates	2.7 g	14%	9.4 g	47%	
Carbohydrate	2.4 g	1%	8.2 g	3%	
of which sugars	1.1 g	1%	3.8 g	4%	
Fibre	0.8 g	3%	2.6 g	10%	
Protein	17 g	34%	59 g	118%	
Salt	0.76 g	13%	2.6 g	43%	

CONTAINS:

WHEAT

CELERY

SULPHITES

MAY CONTAIN:

MUSTARD

EGGS

SOYA

Energy	Lipid Components	Vitamins
Energy(Kcal) 8% RI	Saturated Fat 14% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 8% RI	Monounsaturated fat 12% RI	Retinol
	cis-Mono	Carotene
Macronutrients	Polyunsaturated fat 6% RI	Vitamin D 6% RI
Carbohydrate 1% RI	Omega3(n-3) 0% RI	Vitamin E 1% RI
Protein 34% RI	Omega6(n-6) 0% RI	Vitamin K 1 1% RI
Fat 11% RI	cis-Poly	Thiamin (B1) 6% RI
Water	Trans-fatty acids	Riboflavin (B2) 13% RI
Water from Drinks	Cholesterol	Niacin total (B3) 37% RI
Alcohol		Niacin
	Minerals & trace elements	Tryptophan
Carbohydrate	Sodium 13% RI	Pantothenic Acid (B5) 6% RI
Starch	Potassium 11% RI	Vitamin B 6 14% RI
Oligosaccharide	Chloride 17% RI	Folates (B9) Total 16% RI
Fibre 3% RI	Calcium 2% RI	Vitamin B 12 36% RI
NSP	Phosphorus 18% RI	Biotin (B7) 3% RI
Sugars 1% RI	Magnesium 4% RI	Vitamin C 2% RI
Glucose	Iron 10% RI	
Galactose	Zinc 42% RI	Other
Fructose	Copper 3% RI	GI (estimated)
Sucrose	Manganese 3% RI	GL
Maltose	Selenium 9% RI	
Lactose	Iodine 8% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Beef, braising steak, raw, lean	2000		0.00
Onions, raw	300	2x medium	0.00
Celery, raw	120	2x full length stick	0.00
Stock cubes, beef	10	1x stock cube	0.00
Boiled water	568	1x pint	0.00
Flour, wheat, white, plain, soft	40	2x tablespoon	0.00
Pancetta	400		0.00
Shallots, raw	400		0.00
Wine, red	750	1x standard bottle	0.00
Thyme, fresh	8	2x Average Portion	0.00
Salt	1	1x 1g	0.00
Pepper, black	0.2	2x average sprinkle	0.00
Oil, olive	10.2	(auto-calculated)	0.00
			TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	343	566	0.00	

Ingredient List (QUID) ...

Beef (64.8%), Red wine (24.3%) (**Sulphites**), Water (18.4%), Pancetta (13%), Shallots (13%), Onions (9.7%), **Celery** (3.9%), Flour (1.3%) (**Wheat**), Olive Oil (0.33%), Beef stock cubes (0.32%), Thyme (0.26%), Salt (0.03%), Black pepper (0.01%)

For allergens, see items in bold. (May also contain traces of Mustard, Eggs, Soya)

Cooking Instructions & Notes

1. Preheat oven 180°C/350°F/gas 4
2. Chop onions, shallots, pancetta and celery and cook with a little olive oil.
3. When onions are transparent, add the beef. Stir until beef is browned then add the vegetables, a spoonful of four and the wine
4. Add the fresh thyme, salt and pepper and when boiled, transfer to the oven and cook for 2 hours. Fry the button mushrooms in a little butter and add to the pot
5. Put back in the oven for another hour.
6. Add chopped parsley and serve with rice or sweet potato mash.
7. Once cooked, this can be thickened with cornflour or left thin for puréeing