

BEEF BOURGUIGNON

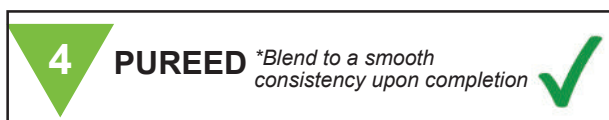


Beef Bourguignon
in collaboration with



This recipe is suitable for the IDDSI levels with a tick ✓

THE IDDSI FRAMEWORK



573Kcal

Per Serving

CONTAINS



WHEAT



CELERY



SULPHITES

MAY CONTAIN



MUSTARD



EGGS



SOYA

This recipe serves 9

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (343g)
Energy	697kJ/167kcal	2392kJ/573kcal
Fat	7.7g	26g
of which saturates	2.7g	9.4g
of which monounsaturates	3.4g	12g
of which polyunsaturates	0.9g	3.1g
Carbohydrate	2.4g	8.2g
of which sugars	1.1g	3.8g
of which polyols	0g	0g
of which starch	1g	3.3g
Protein	17g	59g
Salt	0.76g	2.6g
Phosphorus	129mg (18%)	443mg
Zinc	4.2mg (42%)	15mg
Niacin total (B ₃)	11mg (69%)	11mg
Folates (B ₉) Total	31.3ug (16%)	107ug
Vitamin B ₁₂	0.91ug (36%)	3.1ug

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BEEF BOURGUIGNON

High in Protein and source of:

- Niacin
- Zinc
- Chloride
- Vitamin B12
- Phosphorus
- Folate

The recipe listed below serves 9 people.



INGREDIENTS

■ 2kg shin or braising steak ■ 2 onions ■ 2 sticks celery ■ 1 pint fresh stock	■ 2tbsp flour ■ 400g pancetta ■ 400g whole, small shallots ■ 1 bottle red wine (Merlot is best)	■ sprig fresh thyme ■ salt and freshly milled black pepper
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METHOD

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