



There is a reason for these Wine based recipes. We bought it for a bit of a family gathering, but, well you know - Gout! Not through excess but through untreated broken toe pegs?..

Ingredients:-

500g of Braising Steak, cubed
2 Bay Leaves
2 Sprigs of Thyme
 $\frac{3}{4}$ a Bottle of Red Wine
2 Carrots, cut into large chunks
1 Onion, chopped
1 Tbsp of Cornflour
1 Tbsp of Tomato Puree
1 Tbsp of Margarine
150g of Bacon Lardons (Home cured !)
8 Shallots, peeled
200g of Button Mushrooms
Oil to fry
Chopped fresh Parsley
Salt & Pepper to season

Method:-

- (1) Heat Oil in a frying pan and brown the Braising steak on all sides.
- (2) Transfer to a plate.
- (3) In an ovenproof casserole add Oil, the Onions, Carrots and fry until softened.
- (4) Stir in the Cornflour and then add the Tomato Puree.

- (5) Add the Braising Steak, Wine, Bay Leaves, Thyme and season with Salt & Pepper.
- (6) Give it a good stir and cover.
- (7) Simmer on a low heat for 1 ½ hours, stirring occasionally.
- (8) Add the Margarine to a frying pan and add the Bacon and Shallots.
- (9) Fry until the Bacon is crisp and the Shallots are softened.
- (10) Add the Mushrooms and fry for a further 2 minutes.
- (11) Add everything to the Casserole, stir in and allow to simmer for 10 minutes.
- (12) Remove the Bay Leaves.
- (13) Serve garnished with the Parsley.

We served ours with New Potatoes and Broccoli and it was goood?.