

BOURGUIGNONE BEEF WITH FETTUCCINE



Ingredients (serves 4 people):

- 1 kg of lean beef
- 3 cloves garlic, minced
- 1 medium onion, finely chopped
- 1/2 carrot chopped medium
- 1/2 medium carrot sliced
- 1 stalk of chopped celery
- 1 stalk of chopped leek
- 500 ml dry red wine
- 1 bay leaf
- 1 bunch of fresh thyme
- 1 shot of brandy
- ½ packet of chopped parsley

6 shallots
200 g fresh Portobello Mushrooms
Butter without salt to taste
100 g of chopped smoked bacon
400 g fettuccine
200 ml meat stock
Olive oil to taste
Salt to taste
Black pepper to taste

Preparation:

1. Peel the shallot and dice the bacon 1 to 2 cm.
2. Heat a drizzle of olive oil and brown both over low heat and enjoy the bacon fat itself. Reserve.
3. In the same skillet sauté over low heat the meat cut into 2 to 3 cm cubes and seasoned with salt and black pepper. Reserve.
4. In the same pan add the chopped onion, garlic, carrot, celery and leek celery and sauté.
5. Add bay leaf and fresh thyme branch.
6. Return the meat.
7. Add brandy and buckle mixture.
8. Then add the wine and, if necessary, cover with meat stock.
9. Bring the covered pan to a slow boil for 1 hour and 45 minutes or until the meat is tender.
10. Halfway through cooking add carrot to sticks.
11. If you use a pan that can go to the oven preheat the oven to 170° C and bake for about 1 hour and 30 minutes or until the meat is tender.
12. Cut the mushroom in four and slowly sauté in butter until crisp.
13. After the meat is tender but not dry, remove the pan from the pan cooker.
14. Add parsley and try salt and pepper and check for consistency.
15. Serve with fettuccine wrapped in the sauce.