



Boeuf Bourguignon

500g cubed braising beef
425ml red burgundy wine
salt and freshly milled black pepper
200g smoked bacon lardons, or similar
110g small whole chestnut mushrooms
2 cloves of garlic, peeled and sliced
1 medium onion, peeled and sliced
180g onions
6 sprigs of thyme
2 bay leaves
1 heaped tablespoon plain flour

PREPARATION

It really is going to be this easy, just place the first 8 ingredients in a medium-sized flameproof casserole and season well with salt and pepper. Then sprinkle in the flour and, using both hands, toss it all around till everything is lightly coated with flour.

Next pour in the wine, give it a good stir then – ignoring the unpromising sight before you – put a close-fitting lid on the casserole, pop it into the oven on the centre shelf and leave it there for 3 hours, and look forward to the minimum-effort, maximum-result supper that awaits.

Well, wasn't that easy!