



Beef Bourguignon

4

Serves

Method

Pre-heat oven to 160°C (140°C fan-forced).

Heat 1 tbsp of the oil in a large heavy based, oven-proof pot. Add onions and pancetta, cooking until golden. Set aside.

Toss the beef in seasoned flour. Add another tbsp of oil to pot and cook the beef in batches until browned all over. Remove and set aside.

Add remaining oil to pot and cook the onion and garlic for 2-3 minutes until tender. Return beef to the pot with the wine, stock, carrot and herbs. Bring to the boil, place lid on pot and place into the oven for 1 hour.

Ingredients

- ¼ cup olive oil
- 12 french shallots or pickling onions, trimmed
- 100g streaky bacon or flat pancetta, diced
- 1 kg diced Bolar Blade
- 1 ½ tbsp flour, seasoned
- 1 onion, diced
- 3 cloves garlic, finely diced
- 2 cups full bodied red wine
- 1 cup beef stock
- 1 carrot, diced into chunks
- 3 sprigs thyme
- 1 bayleaf
- 250g swiss brown button mushrooms
- Salt flakes and freshly ground black pepper, to taste

Add the shallots and bacon to the pot with the mushrooms. Replace lid, return to the oven and cook a further hour until beef is tender. Season to taste. Serve with a creamy mash or boiled potatoes and green beans.

- Mashed or steamed potatoes, for serving
- Green beans, for serving

## Recipes

We strive for perfection and have been delivering the finest meat for five generations and counting.

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Five generations. Dedicated to perfection.  
Serving the finest cuts of pure Australian beef and lamb to  
Australia and the world.  
We never compromise on quality.

### Distributors

One of Australia's largest meat wholesalers with  
distribution hubs in Brisbane, Sydney, Adelaide and Swan  
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from our customers.

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