



BEEF BOURGUIGNON

Meat main dish: This recipe provides a portion of meat and counts towards the standards to provide a portion of meat, fish, eggs, beans or other non-dairy sources of protein each day and a portion of meat or poultry on three or more days each week.

Recipe adapted from: Junior Lopes, Head Chef at Reach Academy (JPL Catering)

Ingredients

2.2kg raw diced beef
9g (1tbsp) paprika
15g (1 tbsp) garlic puree
3g (0.5 tbsp) black pepper
100ml olive oil
15g (1 tbsp) tomato purée
60ml red wine vinegar
15g (1 tbsp) fresh rosemary, chopped
150g onions, peeled and sliced
75g carrots, peeled and sliced
600g canned chopped tomatoes
6g (1) reduced-salt beef stock cube
1L water
2 bay leaves
25g chopped spring onions

Method

1. Marinate the beef with paprika, garlic, black pepper, oil, tomato puree, vinegar and rosemary.
2. Pre-heat the oven 220°C/425°F/gas mark 7.
3. Cook the beef for 30 minutes in the oven. After the beef is cooked drain off all the liquid.
4. Lower the temperature of the oven to 180°C/350°F/gas mark 4.
5. In a pot fry the onions and carrots for a few minutes then put them aside.
6. Combine the beef, vegetables and tomatoes, and add the bay leaves.
7. Cover the tray and cook in the oven for 4 hours. Serve with a sprinkling of spring onions.

Serving suggestion: with mashed potato and seasonal vegetables.



Number of portions this recipe makes:

32 primary servings (105g)
25 secondary servings (135g)



Prep: 10 minutes
Cook: 4½ hours



Allergy information:

Celery, milk, sulphites, wheat (gluten)



Top Tips

Try making this dish ahead so the flavours develop.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and stock preparations with a salt content less than 0.6g/100ml as consumed.