BEEF BOURGUIGNON

With Rosewood's Cabernet Franc

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Serves:	6
Prep Time:	25 Minutes
Cook Time:	4 ½ Hours
Difficulty Level:	Novice-Intermediate

Ingredients:

550 Grams of Stewing Beef
1 Tbsp of Corn Starch
1/4 tsp of Dry Mustard
1 Large pinch of Salt
1 Large pinch of Pepper
3 Tbsp Olive oil
1 Large Onion
2 Garlic Cloves
300 ml Rosewood's Cabernet Franc
650 ml Campbell's Organic Beef Broth
2 2-Inch pieces of Parmesan rind
3 Medium potatoes, cubed
Garnish:
2 Stalks of green onion
1 Tbsp freshly grated Parmesan cheese
1 Small handful of fresh parsley

Directions:

1. In a large bowl, mix together beef, corn starch, dry mustard, salt and pepper until evenly coated.
2. In a large pot, heat olive oil over a medium-high heat until hot. Add in beef and continue to cook until the edges of the beef are deep brown; approximately 10 minutes.
3. Once beef is browned, remove from heat and set aside in a separate dish.
4. Using the same pot the beef was cooked in, over medium heat, cook onions with a pinch of salt, stirring and scraping the bottom of the pot often, until caramelized; approximately 10-15 minutes.
For best results, use a wood spoon for this step.
5. Once onions have been caramelized, add cooked beef and wine into. the pot and continue to cook over medium heat; scraping the bottom of the pot.
6. Add in beef broth and Parmesan cheese rinds and let simmer over low heat for 3 hours; stirring occasionally.
7. After allowing stew to simmer for 3 hours, add in potatoes and continue to cook over low heat for an additional hour.
8. While the stew is simmering, in a large skillet or grill pan, over high heat, grill green onions for approximately 1 1/2 minutes on each side.
9. Before serving, garnish with grilled green onions, freshly-grated Parmesan cheese and parsley. Serve with a side of grilled toast.

This dish will last in the refrigerator for up to 5 days and in the freezer for up to 2 months is stored correctly.

Enjoy!