



Anticipatory Innovation -
Capitalizing on Change in
Turbulent Times

 KYLEMORE
BOOK CLUB

Chef David's Beef Bourguignon

Ingredients:

- 300g (10 oz) Round Steak Diced
- 4 Carrots
- 2 Onions
- 6 Garlic Cloves
- 1 Beef Stock Cube
- 1 Bottle of Red Wine (Pinot Gris is traditional)
- 2 Bay Leaves
- 2-3 Sprigs of Thyme
- Small Bunch of Parsley
- 1 Cup Silverskin Onions
- 1 Cup of Mushrooms
- Salt
- Black Pepper

Method:

1. Marinate the Beef with half of the Red wine and Thyme + bay leaf + 3 cloves Garlic overnight 12-16hrs.
2. Dice the Onions and Carrots, finely chop 3 cloves of garlic.
3. Sieve the Beef from the red wine and save it for later. In a hot pan with a little oil brown the beef, cook until all the liquid is gone and then add the veg, reduce the heat and sweat the veg slowly.
4. Add garlic, Tomato Puree, Beef stock cube, bay leaf, thyme, salt and pepper, cook for another 2-3mins
5. Add the marinade juices and remainder of the red wine and 1 cup of water, bring to a simmer and cook for 40mins.
6. Halve the silverskin onions and chop the mushrooms, add to the pot and continue to cook with the lid on for 30mins.
7. Check half way if there's enough liquid when cooking, if too dry add more water, if too liquid, continue to cook till desired texture is achieved.
8. Season to taste and garnish with fresh chopped parsley