

Beef Bourguignon



INGREDIENTS

- 800g AVO Bourguignon Sauce
- 30g AVO Winter SV Rub (3%)
- 1kg Steak off-cuts (rump/sirloin/fillet tail)
- 200g White Onion
- 200g Tinned/Steamed Carrots
- 200g Closed Cup Mushrooms
- Pearl Onions
- Parsley



METHOD

1. Prepare your steak off-cuts into decent sized chunks.
2. Add **AVO Winter SV Rub** to steak pieces and mix until evenly coated.
3. Slice **closed cup mushrooms** into large chunks.
4. Peel and slice **white onion** into chunks.
5. Peel and slice **carrots**. If not par-steaming then use tinned carrots. Uncooked carrots will be too firm even after cooking.
6. Once all components are prepped, add **AVO Bourguignon Sauce** and mix.
7. Finish with a sprinkle of freshly chopped parsley.



TOP TIP!

Enhance your dish by combining 40g of Sous Vide Binder with your Winter SV Rub and pre-cooking your meat. This keeps your chosen protein tender and juicy during home cooking.

Use braising steak when sous vide cooking for an authentic, soft finish!

Alternatively, lamb shanks or pork cheeks make a great substitute.



For allergen information, please refer to the relevant product specification.



OVEN



GREAT WITH BUTTERY MASH POTATOES, CRUSTY BREAD

A French classic made simple, this rich and hearty dish combines tender beef with a deep, velvety sauce, earthy vegetables, and a hint of fresh parsley. Perfect for cosy evenings or impressing guests with minimal effort.