


Chef to Chef

Bœuf bourguignon

Traditional dish produced with pressure cooking

Fast, easy, delicious




I marinated the beef in red wine, garlic, allspice, bay leaves and pepper corns for 2 days before cooking. Remove the meat from the marinade and let it dry.

Brown the meat in the pre-heated ELRO pressure bratt pan  and remove, season and set aside. Set the temperature according to the quantity to be browned, in this case 210°C.

Sautee the onions and garlic in the ELRO pressure bratt pan, add a small amount of tomato paste and then deglaze with the cooked and strained red wine marinade. In this step reduce the cooking temperature to 170°C.

Personal tip:

I puree this mixture and then put the meat back in the pan and sautee it in the pureed onion-garlic mixture before I add the meat stock.

When the mixture is boiling close the lid, select pressure cooking  and set the cooking time  (approx. 40 min.). Select start.  Close the safety valve.

Attention: Cooking time depending to the size and quality of the meat.

When the cooking time is over, valid the end of cooking signal, open the safety valve first and then the lid. If the meat is tender, bring everything to a boil again, add the sauteed vegetables and thicken the sauce.

Season to taste. Fresh slices of baguette or mashed potatoes are the perfect side dish.

Enjoy!

Cordially,
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