

# LONGHORN

## Cattle Society

This fabulous recipe has been sent to the Society by Tom Redmayne from Lincolnshire.  
Tom uses Longhorn beef from Meridian Meats, Louth, Lincolnshire

### Longhorn Beef Bourguignon



**Serves 4**

### **Ingredients**

- 1 kg English Longhorn beef shin cut into 2cm cubes
- 1 bottle good red wine
- 250ml good strong chicken stock (make at home from roast chicken carcasses!)
- 2 medium carrots coarsely chopped
- 1 stick celery coarsely chopped
- 4 echalion (banana) shallots cut into quarters lengthways
- 12 small or pickling onions, peeled, topped and tailed
- 5 cloves garlic peeled and cut in half
- Bouquet garni made from fresh thyme and parsley wrapped in bay leaves and tied
- 3 tablespoons plain flour
- Salt and ground black pepper
- Rapeseed oil
- 12-14 medium chestnut mushrooms halved or quartered
- 200g unsmoked bacon lardons
- 40g salted butter

## Method

- Simmer the wine in a pan until reduced to about  $\frac{3}{4}$  of its volume then set aside to cool.
- Take a large glass bowl and add the beef shin, carrots, shallots, celery, garlic, bouquet garni and chicken stock. Pour over the reduced red wine, cover with cling film and place in the fridge overnight to marinate.
- After marinating, drain through a colander over a bowl and reserve the liquid. Separate the beef from the vegetables and herbs and pat dry with kitchen paper.
- Switch on the oven set to 140 C (fan) or 150 C (non-fan).
- Heat 2-3 tablespoons of rapeseed oil to a high temperature in a large, heavy casserole and add the beef, a little at a time in batches, searing on all sides. Remove each batch when done and put aside onto a plate. When all the beef is seared, lower the heat, add the marinade vegetables and herbs and stir to brown them and loosen the meat juices from inside the casserole. Add the reserved marinade liquid to the casserole along with the whole onions, two tablespoons of tomato puree and a tablespoon of sweet paprika.
- Season the flour in a bowl with salt and pepper and roll the beef pieces in it until coated. Add the beef to the casserole. Place a lid on the casserole and bring to a gentle simmer on the hob. Once simmering, transfer to the pre-heated oven and cook for 3 hours until the beef shin is very tender and has formed a rich, thick gravy. Turn off the oven and leave the casserole inside whilst you prepare the mushrooms and bacon.
- Melt the butter in a saucepan until foaming then add the bacon lardons and cook, turning all the time until just starting to crisp at the edges. Add the mushrooms and a turn of black pepper and continue cooking until the mushrooms are cooked through but still firm. Put a lid on, take off the heat and set aside.
- Remove the casserole from the oven and test the gravy. If too thin still, heat on the hob until just simmering again and add a little cornflour, mixed in cold water, until thickened.
- Spoon the beef bourguignon onto warmed plates, add a warmed ramekin filled with the mushrooms, bacon and butter and sprinkled with coriander leaves, and serve with the potatoes of your choice. My own favourites are buttered new potatoes and a “three-root” mash of potato, sweet potato and parsnip. Of course, some home-made Yorkshire puddings would also go very well.