

**There is a reason for these Wine based recipes. We bought it for a bit of a family gathering, but, well you know - Gout! Not through excess but through untreated broken toe pegs?..**

**Ingredients:-**

500g of Braising Steak, cubed
2 Bay Leaves
2 Sprigs of Thyme
¾ a Bottle of Red Wine
2 Carrots, cut into large chunks
1 Onion, chopped
1 Tbsp of Cornflour
1 Tbsp of Tomato Puree
1 Tbsp of Margarine
150g of Bacon Lardons (Home cured !)
8 Shallots, peeled
200g of Button Mushrooms
Oil to fry
Chopped fresh Parsley
Salt & Pepper to season

**Method:-**

(1) Heat Oil in a frying pan and brown the Braising steak on all sides.
(2) Transfer to a plate.
(3) In an ovenproof casserole ad Oil, the Onions, Carrots and fry until softened.
(4) Stir in the Cornflour and then add the Tomato Puree.

(5) Add the Braising Steak, Wine, Bay Leaves, Thyme and season with Salt & Pepper.
(6) Give it a good stir and cover.
(7) Simmer on a low heat for 1 ½ hours, stirring occasionally.
(8) Add the Margarine to a frying pan and add the Bacon and Shallots.
(9) Fry until the Bacon is crisp and the Shallots are softened.
(10) Add the Mushrooms and fry for a further 2 minutes.
(11) Add everything to the Casserole, stir in and allow to simmer for 10 minutes.
(12) Remove the Bay Leaves.
(13) Serve garnished with the Parsley.

**We served ours with New Potatoes and Broccoli and it was gooood?.**