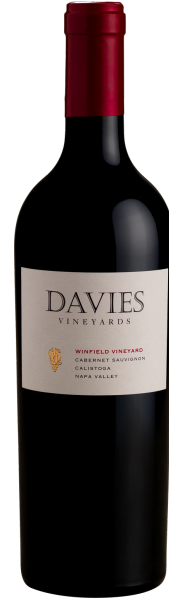


CHESTNUT MUSHROOM
BOURGUIGNON

Recipe by Kate Ford, The Veg Space

PAIR WITH:

"WINFIELD VINEYARD"
CABERNET SAUVIGNON



INGREDIENTS

1½ lbs Australian Beef Tenderloin
4 tablespoon ground Dijon mustard
2 tablespoon brown sugar
1 tablespoon fresh chopped thyme
½ tablespoon chopped shallots
1 tablespoon honey Salt and pepper
½ pound arugula
2 large yellow peaches
1 whole French baguette
(or preference), sliced
4 tbsp olive oil

PREPERATION

- Heat the oil in a large frying pan or casserole over a high heat.
- Peel the shallots and cut into halves or quarters, then add to the pan with the garlic.
- Trim and halve the carrots lengthways, (or quarter them if they are large) and add to the pan.
- Clean and cut the chestnut mushrooms into quarters, and clean the button mushrooms.
- Add to the pan and cook for 2 minutes.
- Stir the flour through the mushrooms, then add the red wine.
- Bring to a vigorous boil for a minute, then add the water, stock powder and tomato purée.
- Cook over a medium to high heat until a thick, glossy sauce has formed and the mushrooms are just cooked through but not too soft.
- Taste and add salt and black pepper as necessary.
- Roughly chop the parsley and stir two thirds through the bourguignon, then plate up and sprinkle over the remaining parsley.