



## BOURGUIGNON BEEF

For 6 to 8 persons  
Cooking time up to 2 hours

### Ingredients :

- Olive Oil
  - 1kg French Roast Beef Diced
  - 200g Diced Salt Pork Flan
  - 3 Tablespoons Of Flour
  - 2 Garlic Cloves
  - Salt And Pepper
  - 1 Fresh Mushroom Pack
  - 150g Of Boiled Small Onions
- Marinade :**
- 750g Red Wine
  - 1 Diced Onion
  - 1 Diced Carrot
  - 1 Rosemary Branch
  - 2 Cloves
  - 1 Tablespoon Of Olive Oil

### Preparation :

Put the beef and all the marinade ingredients in a bowl. Mix and put aside in the fridge covered for 12 hours. Take off the beef from the marinade. Put oil in the *CromoTanium* frying pan, fry the beef and the pork. When all the meat is done, add them in a 3l *CromoTanium* pot. Add the marinade, salt, pepper, garlic and close the lid. Cook on medium heat. When temperature reaches 40°C, lower heat to low. Cook for 1 hour then add the mushrooms and the onions. Cook until the meat gets tender.