BEEF BOURGUIGNON

Meat main dish: This recipe provides a portion of meat and counts towards the standards to provide a portion of meat, fish, eggs, beans or other non-dairy sources of protein each day and a portion of meat or poultry on three or more days each week.

Recipe adapted from: Junior Lopes, Head Chef at Reach Academy (JPL Catering)

Ingredients

- 2.2kg raw diced beef
- 9g (1 tbsp) paprika
- 15g (1 tbsp) garlic puree
- 3g (0.5 tbsp) black pepper
- 100ml olive oil
- 15g (1 tbsp) tomato puree
- 60ml red wine vinegar
- 15g (1 tbsp) fresh rosemary, chopped
- 150g onions, peeled and sliced
- 75g carrots, peeled and sliced
- 600g canned chopped tomatoes
- 6g (1) reduced-salt beef stock cube
- 1L water
- 2 bay leaves
- 25g chopped spring onions

Method

1. Marinade the beef with paprika, garlic, black pepper, oil, tomato puree, vinegar and rosemary – ideally for 24 hours inside the fridge.
3. On the following day cook the beef for 30 minutes in the oven. After the beef is cooked drain off all the liquid.
4. Lower the temperature of the oven to 180°C/350°F/gas mark 4.
5. In a pot fry the onions and carrots for a few minutes then put them aside.
6. Combine the beef, vegetables and tomatoes, and add the bay leaves.
7. Cover the tray and cook in the oven for 4 hours. Serve with a sprinkling of spring onions.

Serving suggestion: with mashed potato and seasonal vegetables.

Number of portions this recipe makes:
32 primary servings (105g)
25 secondary servings (135g)

Prep: 10 minutes
Cook: 4½ hours

Allergy information:
Celery, milk, sulphites, wheat (gluten)

Top Tips
Try making this dish ahead so the flavours develop.

Government Buying Standards for Food & Catering Services
Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets.

For this recipe: choose oils based on unsaturated fats and stock preparations with a salt content less than 0.6g/100ml as consumed.

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/