

## Beef Olives Bourguignonne

Serves 4

700g minute steak or 8 pieces  
 1 tbsp oil  
 275g mushrooms, chopped  
 100g smoked streaky bacon, diced into 5mm pieces  
 1 clove garlic, finely chopped  
 1 tsp parsley, chopped  
 1 tsp thyme, chopped  
 100g breadcrumbs  
 3 small onions, finely chopped  
 300ml red wine  
 300ml beef stock  
 1 stick celery, finely chopped  
 2 bay leaves  
 Cornflour or rice flour (optional)

1. Heat 1 tbsp of the oil in a heavy based pan and fry the bacon to lightly brown. Add 1/3 of the chopped onion, fry with the bacon until soft and golden. Add the mushrooms and fry until soft and all the juice from them has evaporated. Remove from the heat, add the parsley, thyme and breadcrumbs. Season and set aside to cool.
2. Take the steak, lay out on your surface, bat out with a rolling pin or meat mallet if the thickness is uneven. Divide the mushroom and bacon filling between the pieces of meat. Roll up, tucking in the sides and securing with string or a cocktail stick.
3. Pre heat the oven to 150C/300F/Gas2
4. Heat 1 tbsp oil over a high heat in a large frying pan. Sear the beef olives on all sides until browned. Remove from the pan to an oven proof dish. Deglaze the pan with some of the red wine, bubbling it well, scraping the bottom of the pan and pouring the liquid into the dish with the olives.
5. Clean the pan, add the remaining oil. Heat to medium high, add the remaining onion, celery and garlic. Fry to soften and brown, then add the remaining wine to the pan. Bubble and reduce slightly, then add the beef stock. Bring to the boil, pour over the beef olives, add the bay leaves, cover and put into the oven for 1 ½ hours or until the beef is tender.
6. Strain the sauce from the olives into a frying pan, taste and reduce a little to intensify the flavours. Season if necessary and thicken with a little cornflour or rice flour to finish. Pour back over the beef olives and serve.



### Hints, Tips and Adaptations

*Dairy free, use gluten free breadcrumbs to make these gluten free, freezable, microwavable.*

*Use good quality sausage meat, haggis or black pudding instead of the mushroom filling*

*If you like plain olives, swap the wine for extra stock.*

*When securing the meat with a cocktail stick, use it like a pin and thread it through the meat so that you can still fry the olive to brown.*