



Steak Bourguignon on Celeriac/Potato Mash

Serves: 1

Prep time: 5 Minutes

Cooking time: 10 Minutes

Ingredients:

- 50g button mushrooms halved
- 1 small brown onion, roughly chopped
- 1 small clove garlic, crushed
- 2 tablespoons dry red wine
- ¼ cup beef stock
- 1 teaspoon tomato paste
- ½ teaspoon cornflour
- ½ teaspoon water
- 1 scotch fillet of beef
- 1 cup of mashed celeriac/potato



This saucy topping is deliciously French and a match made in heaven

Method:

- Heat a non stick frying pan over medium-high heat and cook the steak 3-5 minutes on each side or until cook to your liking. Time depends on the thickness of the steak. Remove and set aside to rest. Then cut into thick slices
- Mix the cornflour and water together to a paste consistency
- Cook mushrooms, onions and garlic in the same pan as the steak until they soften slightly
- Add stock and wine along with the tomato and cornflour paste. Stir to deglaze the pan and simmer until sauce thickens
- Place steak on top of the mashed celeriac/potato
- Pour the sauce over the steak and serve with green beans or vegetables of choice