

Chestnut Mushroom Bourguignon

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5 from 8 votes

Prep Time	Cook Time	Total Time
5 mins	15 mins	20 mins

Servings: 2 people

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Ingredients

- 2 tbsp olive oil
- 2 shallots or 1 small onion
- 10 baby / chantenay carrots
- 1 tsp ready-chopped garlic / garlic purée
- 250 g chestnut mushrooms
- 100 g button mushrooms
- 1½ tbsp plain flour
- 200 ml red wine
- 150 ml boiling water
- 1 tsp vegetable stock powder
- 1 tbsp tomato purée
- handful fresh parsley

Instructions

1. Heat the oil in a large frying pan or casserole over a high heat. Peel and chop the shallots and 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.
2. Clean and cut the chestnut mushrooms into quarters, and clean the button mushrooms. Add to the pan and cook for 2 minutes.
3. 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.
4. Roughly chop the parsley and stir two thirds through the bourguignon, then plate up and sprinkle over the remaining parsley.

