Vegan Beef Bourguignon

Prep time	Cook time	Total time
1 hour	3 hours	4 hours

Vegan Beef Bourguignon made with a hearty, meaty and incredibly flavorful mushroom and red wine reduction sauce. A simple and traditional French recipe that uses a handful of ingredients and gets its rich and deep flavours from simmering on the stove on a very low heat. The meaty texture and flavours in this Vegan Beef Bourguinion comes from using both cremini and portobello mushrooms.

Author: Ceara
Recipe type: Main
Serves: 6-8 servings

Ingredients

- 3 red onions, chopped
- 6-8 cloves garlic, minced
- 1 tsp dried rosemary
- 1 tsp dried thyme
- ½ tsp dry mustard
- ½ tsp white pepper
- ½ tsp sea salt
- 8 cups cremini mushrooms, chopped
- 4 cups dry red wine*
- 3½ cups canned chopped tomatoes (796 ml/28 oz)
- 5 bay leaves
- 6 portobello mushrooms
- 6½ tbsp flour

Directions

1. Over medium-high heat, in a large cast iron pot (dutch oven), sauté onions and garlic with a couple splashes of water (or oil) until translucent. Add the spices (rosemary, thyme, dry mustard, white pepper and sea salt) to the pot, continuing to sauté the onions for a few minutes until the spices are fragrant.
2. Add the cremini mushrooms and sauté with the onion and spices for five minutes.
3. Add the red wine, chopped tomatoes and bay leaves. Cover and bring to a light boil. Turn down the heat to low and leave to simmer on the stove for 2 -3 hours, stirring every half an hour or so.
4. Pre-heat the oven to 400F/205C. In the final hour of cooking, remove the bottom of the portobello mushrooms and slice in thick "steak-like" strips. In a large ziploc bag, toss the portobello mushrooms in 3 tbsp of flour.
5. Place the mushrooms on a lined pan and sprinkle with salt and pepper. Roast for 15-20 minutes in the oven until slightly crispy.
6. While the mushrooms are roasting in the oven, carefully scoop out 1 cup of the stew and add to a medium size bowl. Add the remaining 3½ tbsp of flour to the bowl with the stew. Whisk together the flour and stew together until completely smooth. Add the flour-stew mixture back into the pot while whisking rapidly. Add the roasted portabello mushrooms to the pot.
7. Simmer the Vegan Beef Bourguignon for the final half hour. Serve over pasta, potatoes or rice. I love serving this with my Crusty Easy Artisanal Bread.

Notes

1) Make sure your red wine is vegan. I love to make this recipe with Cabernet Sauvignon or Burgundy wine.
2) To make this recipe gluten free, replace flour with 3½ tablespoons of certified gluten free corn starch. Toss the portobello mushrooms in 1 tbsp of corn starch and whisk the remaining 2½ tablespoons of corn starch with a ¼ cup of cold water until a smooth. Whisk the corn starch and water mixture into the pot.
3) I love serving this recipe over my Egg Free Homemade Pasta.

Recipe by Ceara's Kitchen at https://www.cearaskitchen.com/vegan-beef-bourguignon/