

Mushroom Bourguignon

When the weather outside is frightful or if you really feel like serving a hearty veggie stew, this is just the thing. The recipe calls for $\frac{3}{4}$ cup of red wine, so open up an earthy Syrah and pour yourself a glass to enjoy while you're cooking.



Ingredient list for 4 servings

- $\frac{1}{2}$ pound small cippolini onions
- $\frac{1}{2}$ pound baby carrots
- 1 tablespoon oil
- 1 $\frac{3}{4}$ pound large portobello mushrooms, cut into 1" pieces
- 4 cloves garlic, sliced
- $\frac{3}{4}$ cup red wine
- 2 tablespoons tomato paste
- 1 small bunch fresh thyme
- 2 bay leaves
- 1 cup vegetable stock
- Black pepper



- Peel the onions, and remove the tops and tails, but otherwise leave whole. Also top and tail the baby carrots.
- Heat the oil in a large pan (if you use a large casserole dish that can also go in the oven, it will save on washing up!). Add the mushrooms, baby carrots and baby onions. Cook over medium heat for 5-10 minutes, adding the garlic for the last couple of

minutes of cooking time. The mushrooms should be soft and should have released their juices. The carrots and onions will still be quite hard.

- Add the red wine, and turn up the heat. Simmer for a few minutes, then add the remaining ingredients. Mix well to combine.
- If necessary, transfer the mixture to an oven-safe casserole dish. Cover with a lid or some foil, and bake at 375°F for around 40 minutes, or until the carrots and onions are cooked to your liking. Check the seasoning, and serve hot over egg noodles or bowtie pasta.

Note: This is more of a family or company recipe as it did not taste as good when reheated and served another day.