

Beetroot bourguignon 4 portions

*A vegan bourguignon where the meat has been replaced
beets and mushrooms*

Ingredients

2 tablespoons extra virgin olive oil
1 yellow onion, chopped
4 cloves garlic, finely chopped
8 beets, peeled and cut into wedges
6 carrots, cut into large pieces
3 bay leaves
2 sprigs of fresh thyme
sea salt
black pepper
2 tablespoons tomato puree
2.5 dl red wine (take vegan wine if you are vegan)
5 dl vegetable broth
5 dl lentils
1 l of water
2 tablespoons extra virgin olive oil
2-3 portabello mushrooms, sliced
10 brown button mushrooms
10 pearl onions, peeled
2 teaspoons arrowroot, blended with 2 tablespoons water
Creme fraiche (vegan: Oatly iMat fraiche) and some fresh herbs for garnish

How to make

Heat the olive oil in a thick-bottomed saucepan over medium-high heat. Add yellow onion and garlic and fry everything gently. Put beets, carrots, bay leaves, thyme and salt and pepper in the saucepan and fry for 5 minutes, stir once in a while.

Add tomato puree, red wine and vegetable broth and boil on low heat for 20 minutes.

Meanwhile, rinse the lentils under running water. Boil the lentils in 1 liter of water. Lower to medium heat and boil slowly for 15-20 minutes. Add the salt when they are almost ready.

Heat the olive oil in a large frying pan, lower the heat and fry the mushrooms and pearl onions soft and golden brown, stir once in a while. Season to taste and set aside for as long as possible.

Taste the stew and add more wine, broth or herbs if you like. Add the arrow root preparation. Mix gently until the sauce thickens and is ready.

Add the fried mushrooms and pearl onions and boil for another 10 minutes.

Pick up bay leaves and thyme sprigs before serving.