

BOEUF BOURGUIGNON

(BEEF STEW IN RED WINE WITH BACON, ONIONS AND MUSHROOMS)

Prepared by: Kimi Nelson, November 2017

Source: Mastering the Art of French Cooking & The Way to Cook

Serves: 6

6 oz bacon, sliced in to small pieces
1 Tablespoon olive oil
3 lbs. lean stew meat, cut into cubes
1 sliced carrot
1 sliced onion
1 tsp. salt
¼ tsp. pepper

3 cups full bodied red wine
2-3 cups beef stock
1 Tablespoon tomato paste
2 cloves mashed garlic
½ tsp. thyme
1 bay leaf

18 to 24 pearl onions, braised in stock
1 lb. quartered fresh mushrooms, sautéed in butter

A Dutch oven works well for this recipe.

Preheat oven to 325. Saute the bacon in the olive oil over medium heat for 2-3 minutes to brown lightly. Remove bacon with slotted spoon and set aside. Reheat oil until almost smoking before you add the beef.

Dry the beef in paper towels, it will not brown if is damp. Saute it, a few pieces at a time until nicely browned on all sides. Add browned beef to the bacon.

In the same fat, brown the sliced vegetables. When finished, pour out the remaining fat. Return the beef and bacon to the dutch oven.

Add the wine and enough stock to almost cover the meat. Add the tomato paste, garlic and herbs. Bring to a simmer on top of the stove. Then cover and place in the lower 1/3 of the preheated oven. Simmer in oven for 2 ½ to 3 hours. Meat is done when a fork pierces it easily.

If you are making it ahead of time, stop here. Before serving, reheat and resume here.

The original recipe says to strain the liquid and return just it and the beef to the dutch oven. I did not strain it as I wanted to keep the onions and carrots. If the sauce is too thin, you can boil it down or add some flour or cornstarch to a little of the liquid and add back to thicken the sauce.

Add the onions and mushrooms at the last minute or serve on the side.

Kimi's Notes: I would definitely make this again! It was so easy and tasty. It would be good for a dinner party, because it can be made a day or two in advance then just reheated at the last minute. I served it with the garlic mashed potatoes.

