



Recipe for BOEUF BOURGUIGNON

Courtesy Delfosse Winery

Stewed beef in red wine sauce with onions and mushrooms (for six to eight servings)

4 lbs of good stewing beef, locally raised if possible. The pieces should be 2 x 2 inches.

Sautee the beef in olive oil with some clarified butter, if available (some butter helps in the browning process). A heavy bottom skillet is best. Do not use Teflon or similar pans. When beef is very brown, sprinkle with 4 tablespoons of flour and keep browning for two more minutes.

At the same time, in another skillet, brown 2 minced yellow onions. Let the onions cook slowly without burning. Remove to a side dish when onions are soft and golden. Add to the pan one large minced carrot, and one stalk of celery, also minced. Cook until soft and set aside with onions. Add to the beef in first skillet.

Boil a pan of water and blanch briefly 8 oz of bacon cut in little sticks (Lardons). Drain, rinse with cold water and brown in the onion pan once the onions have been cooked. Drain on paper towels when bacon is golden and crisp and put with the onions. Discard bacon fat.

Add 3 cups of home made beef stock to skillet. If there is no time to make the stock, use can use can stock: do not add any salt to the recipe, since commercial stock is very salty - Add 3 cups of red wine (Delfosse Cuvée Laurent, or Grand Cru Olivier)

Add 2 tablespoons of tomato paste, some fresh parsley and thyme and two laurel leaves

Add 1tsp of salt, several grinds of fresh pepper and 4 cloves of garlic into stew

Add the browned minced onions, minced carrot and celery and the bacon to the skillet.

Scrape well bottom of skillet and place all the above into a heavy bottom covered pan (Le Creuset or heavy cast iron is best for this type of dish) set in oven for 90 minutes at 325 degrees. After one hour of cooking, remove lid of pan carefully and test the meat. If it is very tender, remove from oven. This dish can be cooked ahead of time and reheated and actually will taste even better the next day!

Pearl onions, mushrooms and sautéed carrots added to the cooked stew as “garniture”.

Sautee 1 pound of mushrooms, Crimini or regular white in olive oil with some clarified butter (one or two tablespoons to help in the browning) Add salt, fresh pepper, 2 cloves of garlic pressed

In another skillet, sautee 1 pound of baby carrots and 20 pearl onions until tender and slightly brown. If you cannot find pearl onions, skip them, and add one or two more onions to the initial recipe.

To accompany ***Boeuf Bourguignon***, prepare either steamed potatoes, mash potatoes, flat noodles or white rice.

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