



## **BOEUF BOURGUIGNON**

### *Burgundy Beef*

## **For the Love of Good Food**

This classic is one of my favorite winter dishes that can be served simply one cold evening, or can be dressed up for a dinner party well in advance and then finished off once guests have arrived. In fact like all casserole dishes it improves overnight.

### Ingredients (serves 4)

*2 pounds trimmed beef chuck, cut into 1 1/2-inch pieces*

*1 bottle Pinot Noir wine*

*2 large onions, thinly sliced*

*2 carrots, finely chopped*

*4 thyme sprigs, 2 bay leaves small celery stick & parsley sprig in a bundle,*

*6 peppercorns, 1 1/2 teaspoons herbes de Provence*

*2 strips of bacon, cut into 1/4-inch pieces*

*2 tablespoons all-purpose flour*

*4 tablespoons unsalted butter*

*1/2 pound white mushrooms quartered*

*1/2 pound pearl onions*

*salt, chopped parsley and croutons*

1. Place meat, onions, carrots, herb bundle, peppercorns and herbs in a large bowl. Cover with the wine and refrigerate overnight.
2. Next day, drain the meat and vegetables, reserving the marinade. Pat the meat dry with paper towels.
3. Heat oil in a medium enameled cast-iron casserole. Add bacon and cook over low heat until bacon is browned (5 minutes). Remove and drain on paper towel.
4. Add meat to casserole in 3 batches and brown it over moderate heat (5 minutes per batch). Transfer to a plate.
5. Add onions and carrots to casserole and cook, stirring occasionally, until browned (8 minutes). Stir in the flour, then gradually stir in the reserved marinade including the herbs. Add the meat plus any juices, salt to taste. Bring to a boil.
6. Reduce the heat to low and simmer, stirring occasionally until the meat is very tender, about 2 1/2 hours.
7. Heat 2 tablespoons of butter in a large skillet. Add mushrooms and season with salt and pepper. Cover and cook over moderately low heat until the liquid from the mushrooms has evaporated and they have started to brown (5 minutes). Uncover and cook a further 5 minutes. Keep warm on one side.
8. Treat the pearl onions the same as the mushrooms, and keep warm.
9. To serve as an everyday dish, remove the herb bundle then add bacon, onions and mushrooms, mix, season to taste and then sprinkle with parsley and croutons. Serve with plain steamed potatoes or with buttered noodles.
10. On more festive occasions, drain the meat and strain the sauce. Discard the stewed vegetables and pour the sauce over the meat in a decorative dish. At the last minute sprinkle the surface with the reserved crispy bacon, mushrooms and onions. Make your own croutons by cutting 4 bread slices into heart shapes, brush with oil and bake slowly in the oven until golden. Dip the tips into the chopped parsley and pose around the dish. Finish off with sprinklings of parsley. Serve with plain boiled or steamed potatoes and have a glass of Pinot Noir – Bon Apetit.

**Note:** The stew can be refrigerated for up to 3 days. Reheat gently on stovetop or oven.