

BEEF BOURGUIGNON

serves 2-4

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2 lbs beef stew meat (that is cut up into 2 inch pieces	2 cloves garlic, mashed
2 tablespoons all purpose flour	1/2 pound mushrooms, sliced
2 tablespoons olive oil	9 small "bulb" white onions (see notes below)
4-5 slices bacon	1/2 bottle red burgundy wine (about 2 Cups) (try to use burgundy)
2 tablespoons butter, soft at room temperature	some salt and pepper to taste
some additional butter a few tablespoons	1 cup of beef bouillon (beef stock)
2 carrots peeled and sliced	4 portions boiled or mashed potatoes
1 small bunch parsley	1-2 tablespoon tomato paste, optional
1/2 yellow onion, chopped	1-2 bay leaf, optional
1 small sprig thyme	
1 stalk celery chopped	

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NOTES:

Familiarize yourself with this recipe, while baking/simmering etc., is pretty simple, prep is rather involved.

You can slowly simmer on stove top (as described in this recipe).

If you are going to bake in the oven, then put into a small turkey roasting pan and cover with lid or use a dutch oven with a lid at 270°F for a good 3 to 4 hours.

If you are going to slow cook in crock pot, cook on HIGH for 1 hour, then LOW for a good 4-6 hours. (or low for 6-8 hours)

Stir all versions occasionally, meat is done when Beef falls apart easily with a fork.

When Beef Bourguignon is done, allow for an additional 15 min to half hour more after adding the sauteed Mushrooms, stirring occasionally.

For a richer Bourguignon, use 4 one inch or more thick Filet Mignon (Beef Tenderloin), trim off fat when cutting up into cubes.

You can use 1 pinch of dried Thyme if you don't have fresh.

-- (optional) you can also add 1 or 2 spoonfuls of Tomato Paste, and stir in, as well as 1 or 2 Bay leaves when you begin to boil the sauce.

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For the second type of Onion needed, you can use pearl, cocktail, knob or even dried "boiler" onions. If using knob or boiler onions, remove outer skin and put in simmering sauce WHOLE.

Try to use Burgundy wine if possible, even if it's an inferior California brand. You can always use the rest for yourself, or for other sauces like Spaghetti sauce, or to enhance your broth for Baked French Onion Soup.

Try to use homemade Beef Broth for this recipe. It does increase the time it takes to make this dish (1- 2 days or more; depending how long you simmer the broth), but the taste from using homemade broth really makes a difference. Refer to Beef Broth and Chicken Broth recipes for this and plan ahead.

When making the mashed potatoes, add small handfuls of grated Mozzarella and Sharp Cheddar Cheese when whisking up with whole Milk and Butter.

When Beef Bourguignon is finished cooking, you can cool down and refrigerate over night. Just reheat in sauce pot on low flame for a good 10 to 15 minutes before serving.

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BEFORE frying any meat, pat dry with paper towels!!

DIRECTIONS:

1. Cut Bacon into small strips and simmer in water for 10 minutes. Remove, plate and pat dry lightly with a clean wash cloth OR thickly folded paper towels.
2. Put the Bacon in a large saute pan with the Olive Oil and saute under medium flame for about 2 or 3 minutes until lightly browned.
3. Remove Bacon to a separate plate.
4. If you didn't already purchase pre-cut Beef Stew meat, Cut the Beef in 2-inch cubes. Using the same saute pan, cook the Beef in the Bacon's fat until lightly browned.
5. Remove Beef to a separate plate.
6. Now in the same pan, put the YELLOW Onion, Carrots, Celery and cook for 2 or 3 minutes. Remove as much fat from the saute pan as possible. Remove vegetables to a separate plate.
7. Add the Beef, adding a pinch or two of Salt and Pepper. Remove from pan and put back onto separate plate.

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8. On medium to high flame, add a generous splash of Burgundy to "deglaze" the pan. With a spatula, begin to scrap off the bits that are left in the pan, and stir in with the Wine until a slightly thick sauce begins (a few min).
 9. Mix the Butter and the Flour to make a paste.
 10. Add the Beef back to the pan with the wine deglaze, and cover the Beef cubes with the Butter and Flour mixture. Saute on medium, stirring in the Butter/Flour mixture for 3 or 4 minutes, uncovered, turning the Beef cubes.
 11. Pour in the Wine and enough Bouillon so that it covers the ingredients. Add the small, white knob Onions (see note on small Onions), Garlic and Thyme. Add the already sauteed Vegetables, stir in. Bring to a boil.
 12. Add the Bacon, stir in.
 13. Cover the pan and simmer for 3 hours on a low heat stirring occasionally, (OR bake OR slow cook in crock pot according to alternate times in NOTES.) The meat is done when the fork slides out easily a Beef cube. Remove from heat.
 14. Saute the Mushrooms in a few tablespoons of butter. Add Mushrooms to Boeuf Bourguignon. Garnish with diced up Parsley.
- Beef Bourguignon is traditionally served with boiled or mashed Potatoes.