



Boeuf Bourguignon

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Categories: Main Dish - Beef

Servings: 6

Start to Finish Time: 3 hours 50 minutes

Preparation Time: 20 minutes

Description: A classic French beef and red wine stew - Bœuf Bourguignon. Perfect for entertaining and warming up when cold waves sway.

Directions Beef -

- 1) Preheat the oven to 160C/320F. Or Crock Pot 8-10 hrs Low, or 6 hrs High
- 2) Dice the bacon and cook in a casserole till released all fat and crispy. Then remove with a slotted spoon. Reserve drippings.
- 3) Toss the flour with 1 teaspoon salt and pepper. Cut the meat into large chunks, press well between paper towels to absorb all moisture, then coat each piece with flour and brown on both sides bacon fat. Do not overcrowd the pan or the meat will not brown. Set the meat aside.
- 4) If needed, add an extra tablespoon of olive oil to the pan and cook onion, celery, carrots and garlic and cook for a few minutes. Add tomato paste and cook continuously stirring for 30 seconds. If using Crock Pot, place in the bowl.
- 5) Return the beef to the pot or Crock Pot, stir and pour in wine and stock. Bring to simmer. In a separate pan heat the butter and cook the mushrooms for a few minutes, then pour it in the pot with the beef. Add rosemary, thyme and bay. Cover with a lid and place in the oven for 3 hours - or Crock Pot. After 3 hours remove the lid, if there is too much sauce, remove the meat and veg with slotted spoon and simmer the sauce down.

Directions - Puree

- 1) in a large pan heat the oil and cook celeriac and parsnip for 3-5 minutes, season with salt and pepper. Then pour over just enough cold water to keep them submerged. Add rosemary and bay, partially cover with a lid and simmer for about 25 minutes, till they are tender. Then drain the remaining liquid and mash them.

Ingredients - Beef

- 5 3 oz Smoked Streaky Bacon
 - 2 1/2 lbs Beef Cheeks or Beef Chuck cut into 1" pieces
 - 5 T All-Purpose Flour
 - 2 lg Onion, halved and sliced
 - 3 med Carrots, sliced
 - 3 med Celery Sticks, thinly sliced
 - 3 lg Garlic cloves, diced
 - 1 T Tomato Paste
 - 2 1/2 c Red Wine, such as Chianti or Beaujolais or Pinot Noir
 - 2 c Beef Stock
 - Salt freshly ground Black Pepper
 - Springs of fresh Rosemary and Thyme
 - 3 Bay Leaves
 - 1 t Butter
 - 7 ozs Button Mushrooms, halved
- ## Ingredients - Puree
- 2 T Extra Virgin Olive Oil
 - 1 Celeriac Root, peeled and diced
 - 1 lg Parsnip, peeled and diced
 - 1 sprig Rosemary
 - 2 Bay Leaves

Serving Ideas: Serve Bœuf Bourguignon with Celeriac and Parsnip mash.

