



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.

Ingredients - Beef

- 5 3 oz Smoked 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
 - 2 T Tomato Paste
 - 2 1/2 c Red Wine, Chianti or Pinot Noir
 - 2 c Beef Stock
 - 2 T Demi-Glace Mix
 - Salt and Black Pepper
 - Springs of fresh Rosemary and Thyme
 - 3 Bay Leaves
 - 1 t Butter
 - 7 ozs Button Mushrooms, quartered
- ## 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

Directions Beef -

- 1) Preheat the oven to 160C/320F. Or Crock Pot 8-10 hrs Low, or 6 hrs High
- 2) Cut the meat into 1" chunks. Marinate the beef chunks in 1/4 c Worcestershire Sauce and 1 c Red Wine in the refrigerator over night.
- 3) Dice the bacon and cook in a casserole to release all fat and the bacon is crispy. Then remove with a slotted spoon. Reserve drippings.
- 4) Toss the beef chunks with flour, 1 teaspoon salt and pepper. Brown on all sides in bacon fat. Do not overcrowd the pan or the meat will not brown. Set the meat aside.
- 5) 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.
- 6) Return the beef to the pot or Crock Pot, stir and pour in wine, stock and mix in the demi glace. 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. Crock-Pot: If too thin, dissolve 2 T Cornstarch in 1 c Water. Add to the liquid stirring. Continue to cook.

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.

Serving Ideas: Serve Bœuf Bourguignon with Celeriac and Parsnip

mash.