Bouef Bourgignon

Ingredients

Beef

- 2 lbs. lean **stewing beef*** cut into 2-3” chunks and dried on paper towels
- 6 oz fresh bacon, or salt pork cut into 1×¼” lardons (If using salt pork, place in a pan with 2 quarts of cold water, simmer for 10 minutes, rinse in cold water, drain and dry)
- Olive oil
- 3 cups full-bodied, young red wine such as Pinot Noir
- ¼ cup Cognac (for flambé)
- 2 cups of beef broth
- 1 Tbsp tomato paste
- 2-3 cloves mashed garlic
- ½ tsp thyme
- 1 bay leaf
- Salt as necessary

Mushroom, Onion and Carrot Garniture

- 1 lb. fresh mushrooms, cleaned and stems trimmed
- ½ Tbsp oil
- 1½ Tbsp butter
- ¼ tsp salt
- 18-24 small white onions, boiled and peeled (1” diameter) (frozen onions make this much easier)

Sauce

- 3 Tbsp softened butter
- 3 Tbsp flour

***Note on beef cuts:** Use any stewing cuts of beef, but servings with lean, boneless chunks from the round (hind leg) or rump, or from the chuck (shoulder) will be more attractive. Two recommended cuts from the chuck are the “tender,” a cone-shaped muscle about twelve inches long that lies along the ridge of the shoulder blade opposite the blade steak, and the “flanken,” or boned chuck rib meat.

Preparation

Beef

1. Preheat oven to 325°
2. Brown the lardons lightly in a frying pan with a little oil, to render out the fat.
3. Pour the rendered fat into a large skillet, adding a little oil, if necessary, to film pan by about one-sixteenth inch
4. Set over moderately high heat

5. When smoking, brown the beef, a few pieces at a time so as not to crowd the pan, turning beef frequently to brown all sides
6. Place the beef, as it is browned, in casserole or baking dish
7. Pour the fat browning out of skillet, pour in the red wine, and scrape up into it all the flavorful brown bits, then pour wine into casserole
8. Add the browned lardons to the casserole, and beef bouillon (almost cover the meat)
9. Stir in the rest of the ingredients and bring casserole to simmer on top of the stove
10. Cover the casserole and set in lower third of oven
11. Regulate heat so liquid simmers slowly for 2½-3 hours, or longer, until beef is tender when pierced with a fork

Onion and Mushroom Garniture

1. Cut the mushroom caps into quarters
2. Heat oil and butter in a skillet until butter foam begins to subside
3. Add the mushrooms and onions, toss over high heat for 3-4 minutes until lightly brown
4. Stir in the salt
5. Turn off heat and carefully pour in the Cognac, turn the heat to low and flambé
6. Set aside, saving cooking liquid

Sauce and Serving

1. Drain the cooking liquid into a saucepan (about 2½ cups; if liquid has boiled down too much, add a little beef broth)
2. Skim off fat, bring liquid to the simmer, and taste for seasoning, adding salt and pepper as necessary
3. Make a beurre manié by creaming the butter and flour into a smooth paste
4. Pour in several spoonfuls of beef cooking liquid and blend with a wire whip, then pour this mixture into the beef liquid
5. Pour in the onion cooking juices and bring liquid to the simmer while stirring
6. Add the mushrooms and onions to the beef, pour on the sauce, cover, and simmer slowly for 5 minutes to blend flavors, swirling casserole, serve with boiled or mashed potatoes, rice, or buttered egg noodles