

Boeuf Bourguignon

omgwtf • billiards food life • massiveunderstatement.com
original post for this recipe located at
<http://massiveunderstatement.com/?p=6579>

I highly suggest you read the blog post before embarking on this labor of love. Directions given here are for the full version of the stew. The blog post contains directions for a simpler version.

hardware

- 8 quart stockpot
- small frying pan or skillet

- shallow bowl or pie plate
- various bowls to hold stuff

- long cooking tongs
- wooden or nylon cooking spoon

ingredients

- butter
- extra virgin olive oil (optional)

- ½ pound bacon
- 3 pounds beef chuck

- 3 cloves garlic, minced
- 1 pound onions, roughly chopped
- 1 pound carrots, peeled and roughly chopped
- 1 pound celery, peeled and roughly chopped
- at least 1 cup additional diced celery
- at least 1 cup additional diced carrot

- ½ pound mushrooms, sliced
- ½ pound pearl onions (thawed if frozen)

- ½ cup sherry
- 1 bottle (750ml) good red wine
- 3-4 cups beef stock
- 1-2 tablespoons tomato paste
- filtered or bottled water

- white flour

- 1 teaspoons salt
- ½ teaspoon freshly ground black pepper
- 6 sprigs fresh thyme
- 3 flat-leaf (Italian) parsley stems
- 2 whole cloves
- 2-inch cinnamon stick
- 1 strip (about 1"x3") orange peel

directions

Cut meat into 1-1/2" cubes. Sprinkle the salt and pepper over the cubes and use clean hands to thoroughly mix in the seasonings. Set aside.

Cut bacon into 1/2" wide pieces. Place in cold stockpot and turn heat up to medium. Cook bacon until just crisp around edges. Remove bacon from pan and set aside.

Turn heat up to medium-high.

Place flour (start first with 1/4 cup and add as necessary) in shallow bowl. Flour enough beef cubes to fit in one layer in pot. Using tongs, brown beef in pot for 5-7 minutes until all sides are seared. Remove browned cubes from pot and set aside in bowl. When bacon fat runs low, add butter or olive oil. Be sure to maintain the oil level so the flour residue (roux) on the bottom of the pan does not burn. Continue working in batches until all beef is browned. Set browned beef aside.

Add 1 tablespoon butter or olive oil to pot. Add chopped onion and garlic. Stirring constantly, sauté until onions just begin to caramelize. Add more butter or olive oil, if necessary, to prevent burning. Add 1/2 cup sherry and stir, scraping the browned bits from the bottom of the pot.

Assemble *bouquet garni* while onions simmer in sherry. Pierce a celery stalk with the cloves. Tie together this celery stalk, thyme sprigs, parsley, bay leaf, cinnamon stick, and orange peel with kitchen twine.

Pour in wine (1 to 3 cups, based on your preference). Add carrots, celery, and *bouquet garni* to pot. Put browned beef cubes on top of vegetables. Mix tomato paste with a little stock and pour in. Add the remaining stock until beef is completely submerged. If you do not have enough stock, add filtered water.

Increase heat to high. When stew begins to boil, reduce heat to low until stew is at a bare simmer.

Simmer for at least 2 hours.

Skim off fat and accumulated dark film from surface of stew. Discard *bouquet garni*. Separate beef and vegetables from stew, leaving the broth in the pot. Discard vegetables. Set aside beef.

Turn up heat to medium high to reduce broth.

In a small skillet, sauté the pearl onions in butter until they are light golden in color. Add them to pot. In same skillet, sauté mushrooms in butter until they are reduced in size and most of liquid has evaporated. Add mushrooms and any liquid to pot.

Make slurry with a heaping tablespoon of flour mixed first with a little hot broth. While stirring, pour slurry into simmering stew to thicken. Repeat if thicker stew consistency is desired.

Add diced celery, carrot, beef, and reserved bacon to pot. Reduce heat and simmer stew for 25-30 minutes or until onions are tender.

Serve over buttered egg noodles, mashed potatoes, or rice.

Tastes even better the next day! (When reheating stew, do so over medium, or lower, heat.)