



FRENCH (BURGUNDY)

Boeuf Bourguignon

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	30 min	3 hr	Braise	Chuck roast & stew beef

Ingredients

- 1.4 kg (3 lb) chuck roast, cut into 5 cm (2 in) cubes
 - 150 g (5 oz) thick-cut bacon or lardons
 - 1 tbsp olive oil
 - 1 carrot, diced
 - 1 onion, diced
 - 2 tbsp all-purpose flour
 - 750 ml (3 cups) dry red wine, such as Pinot Noir
 - 250 ml (1 cup) beef stock
- 1 tbsp tomato paste
 - 3 cloves garlic, crushed
 - 1 bouquet garni (thyme, parsley stems, bay leaf)
 - 1½ tsp salt
 - 24 small pearl onions, peeled
 - 300 g (10 oz) button mushrooms, halved
 - 1 tbsp butter
 - Chopped parsley, to serve

Steps

1. Heat the oven to 160°C (325°F). Cook the bacon in a heavy ovenproof pot over medium heat until crisp and golden, about 8 minutes. Lift it out and leave the fat.
2. Dry the beef thoroughly. Sear it over medium-high heat in batches until deeply browned on all sides, about 6 minutes per batch. Set aside with the bacon.
3. Add the carrot and onion and cook over medium heat for 5 minutes until softened. Sprinkle over the flour and stir for 1 minute.
4. Pour in the wine and deglaze, scraping the bottom clean. Add the stock, tomato paste, garlic, bouquet garni and salt, then return the meat and bacon.
5. Bring to a bare simmer, cover, and braise in the oven for 2½ hours, until a fork slides into the beef without resistance.
6. Meanwhile, brown the pearl onions in the butter over medium heat for 8 minutes, add a splash of water, cover and steam for 5 minutes until tender. Set aside. In the same pan, fry the mushrooms over high heat until golden, about 5 minutes.
7. Stir the onions and mushrooms into the stew and simmer on the stove for 10 minutes. Skim off any fat from the surface, taste, and finish with parsley.

Notes

- **Make ahead:** better on day two; add the onions and mushrooms when reheating.
- **Serving:** boiled potatoes, buttered noodles or crusty bread.
- **Wine:** use something you would drink; avoid anything labelled "cooking wine".

- **Slow cooker:** after searing and deglazing, cook on low 8 hr or high 4–5 hr. Slow cookers don't reduce liquid, so simmer the sauce on the stove for 15 minutes before adding the onions and mushrooms.
- **Freezer:** freezes for up to 3 months. Thaw overnight in the fridge and reheat until steaming hot.
- **Chef's touch:** whisk 1 tbsp cold butter into the sauce off the heat just before serving; it adds gloss and body.