



INGREDIENTS:

- 8 ounces applewood smoked bacon , chopped
- 1/3 cup all-purpose flour (40 g)
- 2 1/2 pounds chuck beef cut into 1-inch cubes
- Salt and pepper, to taste
- 2 Tablespoons olive oil (30 mL)
- 1 yellow onion , chopped
- 5 cloves garlic , minced
- 2 Tablespoons red wine vinegar
- 1 cup good quality dry red wine , such as Pinot Noir, Burgundy or. Cote du Rhone (30 mL)
- 5 cups beef stock or broth (1.2 liters)
- 2 teaspoons better than bouillon beef*
- 1 Tablespoon tomato paste (15 g)
- 2 bay leaves
- 1 teaspoon chopped fresh rosemary ,or 1/2 teaspoon dried
- 1 teaspoon fresh thyme leaves , or 1/2 teaspoon dried
- 4 large carrots peeled, sliced diagonally into chunks
- 1/2 lb mini gold or fingerling potatoes , cut in small chunks
- 8 ounces frozen whole pearl onions
- 8 oz white mushrooms , sliced, (optional)
- 3 Tablespoons all-purpose flour (24 g)



TOOLS USED:

- [Dutch Oven](#)

FRANCE

Beef Bourguignon



PREP TIME
20 minutes



COOK TIME
2 hours



SERVINGS:
6

A slow-cooked beef stew simmered in rich broth with vegetables and herbs.

DIRECTIONS:

- 1. Add bacon** to a large Dutch oven or stock pot. Turn heat to medium-low and cook, turning flipping every so often, until browned. Remove to a paper towel lined plate and then chop into small pieces.
- 2. Pat** beef cubes dry with paper towels and add to a ziplock bag with flour, salt and pepper. Toss well to coat.
- 3. Heat the pan** with bacon grease over medium-high heat. Once hot, add the beef in 2-3 batches (so not to overcrowd the pan), adding a little oil as needed, searing for a few minutes on each side, until browned. Remove meat to a plate and set aside. Reduce heat to medium.
- 4. Add onion** and cook for 2-3 minutes. Add garlic and cook for 30 seconds. Add vinegar and wine to the pan, cooking over medium-high heat, and scraping up any browned bits from the bottom of the pan. Simmer for 10 minutes.
- 5. Add** beef broth, bullion, tomato paste, bay leaves, thyme and rosemary. Season with a little more salt and pepper. Add beef and bacon back to the pot. Bring to a boil then reduce heat to a simmer.
- 6. Cover** and cook for 1 1/2 hours or until beef is tender.
- 7. Chop the potatoes**, carrots, and slice the mushrooms. Set aside.
- 8. Cook mushrooms** (if using): Add 2 tablespoons butter and 1 tablespoon olive oil to a saute pan over medium high heat. Add mushrooms to the pan in a single layer. Cook for several minutes (without touching). Once golden on the bottom, flip to the other side and cook for a few more minutes.
- 9. Add** mushrooms, potatoes, carrots and frozen pearl onions to the soup pot and cook for 15-20 more minutes, until carrot and potatoes are tender.
- 10. Taste broth.** Season as needed with additional salt, pepper, bullion, rosemary, thyme, or some garlic powder. Add a sprinkle of crushed red pepper, if desired.
- 11. Ladle** some of the hot broth into a bowl and whisk the flour into it, until smooth. Add to pot and cook for 2-5 minutes, until broth has slightly thickened.
- 12. Garnish** with fresh parsley. Serve with artisan bread