

Boeuf Bourguignon

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Preparation: 30 to 45 minutes
Cooking: 45 minutes to an hour
Yield: 1 servings
Cuisine: European
Meal: Main Course
Season: Christmas



A slightly modified version of a classic. Perfect to serve with potatoes in midwinter.

Notes

**Beef can be short ribs or boneless, as you like it.

**If not Broth, plain Water is fine.

**Onions can be the tiny ones, "pearl onions", or just normal ones. As long as they aren't too strong, is okay.

**If no Champignons are available, choose a soft flavoured mushroom of some kind. In any case, they must be fresh not canned.

Ingredients

150 g	Bacon	300 g	Champignons
2 kg	Beef	2	Bay leaf
500 g	Onion	1	Parsley
120 g	Tomato paste	1	Thyme
250 ml	Red wine	1	Rosemary
400 ml	Broth	1	Salt and pepper
6	Carrots	1	Garlic

Directions

1. Warm a stockpot or dutch oven over medium heat; add the bacon and saute until crispy and its fat has rendered, about 10 minutes, stirring occasionally. Remove the bacon with a slotted spoon and set aside; increase heat to medium-high. Toss the beef in 2 tbsp of the flour plus the salt and pepper until well-coated; retain any excess flour. Add the beef pieces to the stockpot and brown until darkened and crispy, about 4 minutes per side, in batches if needed to prevent overcrowding.

2. Set the beef aside once browned, then reduce heat to medium; add the onion to the stockpot and

saute until softened, about 6 minutes. Add some butter, 1 tbsp at a time, if you run out of fat in the pot. Add the garlic and tomato paste, then sauté until aromatic, about 30 seconds. Add the remaining 2 tbsp of flour plus any retained flour from dusting the beef; stir and toast until it emits a nutty smell, about 2 minutes.

3. Add the wine, thyme, rosemary, and bay leaves; stir to combine. Bring to a simmer and allow to thicken, then add the beef and any accumulated juices plus the beef bones. Add enough beef broth to nearly cover the beef. Cover, reduce heat to low, and simmer until nearly tender, about 2 hours.

4. Uncover and increase heat to medium-low. Fish out the bones with tongs and discard or rinse and use to make a batch of beef broth. Add the carrots and simmer, uncovered, for 10 minutes, then add the pearl onions and simmer for 5 minutes. Finally, add the mushrooms and simmer until the meat and vegetables are softened, about 10 more minutes.

5. At this point the sauce should be very thick; if so, stir in the bacon, add salt and pepper to taste, then serve garnished with chopped parsley. If the sauce is thin, remove the meat and vegetables with a slotted spoon and set aside, then reduce the sauce over medium-high heat until very thick. When ready to serve, return the meat, vegetables, and bacon to the pot to warm, and salt and pepper to taste, then serve garnished with chopped parsley.

** Serve with mashed or baked potatoes.