

# BEEF BOURGUIGNON

SERVES 6      Adapted from *The Silver Palate*

## INGREDIENTS

8 oz thick-sliced bacon, diced  
3 lb beef chuck, 1-inch cubes  
1 cup chopped onions  
Salt and freshly ground pepper  
3 tbsp flour  
3 cups burgundy (pinot noir) wine  
3 cups beef broth  
2 tbsp tomato paste  
1 tbsp chopped fresh rosemary leaves  
3–4 carrots, peeled and cut into 1½-inch julienne, ~½ cup  
8 oz chanterelle or shiitake mushrooms, sliced  
1 tbsp butter  
2 tbsp chopped Italian parsley

*\*To deglaze, keep empty pot on the burner, pour in the wine, and use a flat-edged spatula to scrape the browned bits from the bottom and sides of the pan.*

In a flameproof casserole, such as a Le Creuset or Dutch oven, sauté the bacon until crisp. Remove with a slotted spoon and drain on paper towels. Pour off all but 1 tbsp of the bacon drippings.

In same casserole, over medium-high heat, sauté the beef 2–3 min in small batches to brown. Add the onions to the beef and sprinkle with salt and pepper and flour. Cook over high heat, stirring constantly for 5 min.

Remove the meat and deglaze\* casserole with ¼ cup wine. Return meat to casserole and add the wine, broth, tomato paste, rosemary, and bacon. Bring to a boil. Cover the casserole and bake at 300° until meat is tender, approx 3 hrs.

Bring a small pot of water to a boil. Add carrots and boil approx 5 min until just tender. Drain, rinse under cold water, and drain again. Reserve.

Sauté mushrooms in butter over medium-high heat for 10 min. Reserve.

When the meat is cooked, transfer the casserole to a burner and add carrots and mushrooms. Heat through approx 7 min.

Serve garnished with chopped parsley over rice. I usually warm and serve in a Le Creuset.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 1–3 days in advance. It may also be prepared well in advance and frozen. When preparing or reheating, add enough beef broth and/or wine to achieve the consistency you prefer. If you want a thicker consistency, mix 2 tbsp cornstarch with ½ cup cooled broth from the stew or water and add to the stew. If you want to thin, add more broth or wine.
- Instead of cooking in an oven, you may cook in a slow cooker for 4–5 hrs.
- For the carrots, you may use packaged julienned carrots from the produce section.
- Increases well. Freezes well.