



BOEUF BOURGUIGNON

INGREDIENTS

Serves 4

- 2 tbsp cooking oil (1 tbsp to cook the meat and 1 tbsp to cook the garnish)
- 1.5 lbs (500 g) chuck steak or short ribs, or both, cut into rough chunks
- 10 button mushrooms, quartered.
- 8 pearl onions (whole small onion or shallot)
- 1 piece (9 oz [250 g]) streaky bacon, cut into lardons (keep the rind for cooking too)
- 1 tbsp of tomato paste
- 2 tbsp (20 g) flour
- ½ cup (120 ml) madeira wine (optional)
- 1 bottle (750 ml) full bodied red wine (cabernet sauvignon or Cote du Rhone)
- 2 cloves garlic, bruised
- 1 bouquet garni (branch of thyme, parsley stalks, celery leaf, bay leaf rolled in a leek leaf)
- 5 or more small spring carrots (peeled and whole)
- Salt and pepper to taste

MISE EN PLACE

- Season the meat pieces generously.
- Macerate the lardon in 100 ml of madeira wine for 30 minutes or more (this is optional).
- To make the toasted flour, place the flour in a small saucepan over high heat and stir constantly until it turns a chestnut color and starts to smell nutty.
- Preheat the oven to 325°F (160°C).

METHOD

1. Heat the oil in a large pot or Dutch oven over high heat, and then sear the beef in batches on all sides until dark brown. When done, set the meat aside in a plate for now.
2. Using the same pot, add a little more oil and sear the mushrooms until golden, and then add the onions and let cook for about 5 minutes until they become lightly colored. When done, remove from the pot and set aside.
3. Now, add the bacon to the pot and sear for a few minutes.
4. Return the beef to the pot and mix in the tomato paste to enhance the colour. Deglaze with the Madeira wine (optional) and leave to reduce for a minute before stirring in the toasted flour. Mix well to incorporate.
5. Add the mushrooms, onions and bacon back to the pot and stir everything gently to distribute the garnish around.
6. Finish by emptying the bottle of wine into the pot, and if necessary, top up with water so that the liquid just about covers the meat. Then, add the rind, bouquet garni, carrots and garlic. Bring to a light boil and use a spoon to scoop off the foam that has accumulated on the surface.
7. When ready, turn the heat off, cover the pot with a lid and place in the oven. Slow cook for 3 hours, undisturbed, until the beef is tender and can be easily pulled apart with a fork.
8. When cooked, remove from the oven and adjust the seasoning if necessary. Serve with potatoes rice and some crusty bread for the sauce with a glass of red wine (of course).