

Boeuf A La Bourguignonne

[Beef Stew in Red Wine, with Bacon, and Mushrooms]
Mastering the Art of French Cooking, 1961

Preheat oven to 325 degrees



3 lb Chuck Roast, cut into 2-inch pieces
4 lb pkg weight will result in 3 lbs after trim

Trim large deposits of fat and silver skin from the chuck roast.
Cut roast into 2 inch pieces.

2-3 TB bacon or duck fat

Heat 2-3 TB bacon or duck fat in large dutch-oven.

** Other choices: Rump Roast, Sirloin Tip, Top Round, Bottom Round. Alternate choices will be drier after being fricasseed in the oven due to less fat on the muscle.*

Dry 2 inch beef pieces on paper towels. Toss 8-9 pieces at a time in a small bowl with 2 TB flour and salt and pepper.

Sear flour dusted beef in hot bacon fat until browned on all sides. Repeat with 8-9 pieces until all beef is seared.

Remove beef from pot after each batch and place on a large plate.

½ cup cognac (optional)
4 carrots, sliced
1 medium yellow onion, sliced
salt & pepper
1 TB minced garlic

Pour off most of the fat that remains in the dutch-oven.

De-glaze pan with cognac. Brown carrots and onions. Make a well in the center of the pot and sauté garlic for a minute or two.

Return the beef pot and mix with the carrots and onions.



3 cups Beaujolais wine
2 to 3 cups brown beef stock
1 TB tomato paste
2 cloves mashed garlic
1 tsp thyme
1 bay leaf

Stir in the wine, and enough stock so that the meat is barely covered (a fleur, or flowering).

Add the tomato paste, thyme, and bay leaf. Bring to a simmer on top of the stove.

Cover the casserole and set in the lower third of the pre-heated oven. Simmer very slowly at 325 deg for 2 ½ to 3 hours.

**Julia recommends Beaujolais, Cotes du Rhone or Burgundy.*

[I use whatever dry red I have on hand, usually Merlot, Cabernet Sauvignon, or Pinot Noir. A rather good Beaujolais is Louis Jadot, which I have used several times in this dish.]

The meat is done when a fork pierces it easily.



4 TB butter
2 TB olive oil
1 lb. fresh mushrooms, quartered
Salt and Pepper

Optional:
2 TB minced shallots

Sauteed Mushrooms: Champignons Sautés au Beurre

Place a non-stick skillet over high heat with the butter and oil. As soon as you see that the butter foam has begun to subside, add the mushrooms.

Toss and shake the pan for 4 to 5 minutes. During their sauté, the mushrooms will at first absorb the fat. In 2 to 3 minutes the fat will reappear on the surface, and the mushrooms will begin to brown.

As soon as they have browned lightly, toss shallots with the mushrooms. Sauté over moderate heat for 2 minutes.

While pot is in the oven, roast potatoes in 425 toaster oven for 15 minutes and set aside.



24oz bite-sized potatoes

After cook time, check the beef for tender. Add mushrooms and roasted potatoes.

Skim fat off the sauce. Simmer sauce for a minute or two, skimming off additional fat as it rises. You should have about 2 ½ or 3 cups of sauce thick enough to coat a spoon lightly.

If too thin, whisk in a *beurre manié* butter and flour paste consisting of 1 TB per cup of sauce and bring back to the boil. If too thick, mix in a few tablespoons of stock or canned bouillon. Taste carefully for seasoning.