

## **Beef Bourguignon (Brigille's Kitchen, [www.interfrance.com](http://www.interfrance.com))**

**6 servings**

3 ½ pounds stewing beef (chuck or shin)

6 ounces lean salt port or thick cut bacon

3 tablespoons butter

¾ pound pearl onions

¾ pound small button mushrooms

1 onion

1 carrot

3 garlic cloves

3 tablespoons all-purpose flour

3 cups red wine, preferably Burgundy

1 ½ tablespoons tomato paste

Bouquet garni (1 bay leaf, 2 sprigs fresh thyme, 1 sprig rosemary, 6 sprigs parsley)

3 cups beef broth

1 tablespoon chopped fresh parsley

Salt and pepper

1. Bring a pan of water to a boil, and drop in the pearl onions. Let them boil rapidly for 2-3 minutes, then plunge them into cold water, and peel them. Cut the mushrooms in half if needed, they should match the size of the onions. Tie together the herbs for the bouquet garni.
2. Cut the beef into 2– inch pieces and dice the salt pork or cut the bacon crosswise into thin strips.
3. Melt 1 tablespoon butter in a large skillet and fry the onions over a high heat, stirring frequently and shaking the pan, until they are golden-brown. Remove onto a plate. Add another tablespoon butter to the same skillet and sauté the mushrooms for 5 minutes until golden then set aside with the pearl onions.
4. In a Dutch oven or a large heavy pot, cook the pork or bacon over medium heat until golden brown, then remove with a slotted spoon and drain. Pour off all but 2 tablespoons of the fat. Increase the heat to medium-high. Add enough meat to the pan to fit easily in one layer and sear on all sides until well browned. Transfer the beef to a plate and continue browning the meat in batches.
5. When all the beef has been browned, pour off any fat from the pot and add the remaining butter. When the butter has melted, add the chopped onion, carrot and garlic and cook over medium heat for 3-4 minutes until just softened, stirring frequently. Sprinkle over the flour and cook for 2 minutes, then add the wine, tomato paste and bouquet garni. Bring to a boil, scraping the bottom of the pan.
6. Return the beef and bacon to the pan and pour on the broth, adding more if needed to cover the meat and vegetables when pressed down. Cover the pan and simmer very gently over low heat, stirring occasionally, for about 3 hours or until the meat is very tender.

7. Add the sautéed mushrooms and pearl onions. Season to taste and cook, covered, for 30 minutes more. Discard the bouquet garni. Stir in the parsley before serving with steamed potatoes or mashed potatoes.