



BOEUF BOURGUIGNON

YVES PELLETIER, MONTGOMERY COUNTY



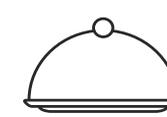
6-8 PEOPLE



OVEN



3-4 HOURS



MAIN

DIRECTIONS

Preheat oven to 450°.

To crisp salt pork, simmer slices in water for 10 minutes. Drain, pat dry, and set aside. In a large Dutch oven, heat 1 oz olive oil. Add pork pieces and cook until lightly browned and crispy. Remove and set aside. Using the Dutch oven, brown the beef in small batches. Remove and set aside. Cook onion and carrots until soft. Return salt pork and beef to the Dutch oven, add flour. Salt and pepper to taste. Place pot in oven for 4 minutes. Remove, stir and return to oven for 4 minutes. (total 8 minutes). Remove from oven and reduce the heat to 325°. Add wine and enough beef stock to cover meat. Stir in tomato paste and garlic. Add bouquet garni.

On stovetop bring mixture to a simmer. Cover and return to oven. Cook for approximately 3-4 hours, or until the meat is tender.

While in oven:

On medium heat, in skillet saute the pearl onions in 1 tablespoon olive oil and 2 tablespoons butter until browned. Add 1/2 cup beef stock, remaining thyme and parsley. Salt and pepper to taste. Simmer for about 40 minutes until liquid has mostly evaporated. Remove onions and set aside.

Using the skillet, over high heat, cook mushrooms in remaining butter until slightly browned. Add onions and mushrooms to the Dutch oven and remove bouquet garni.

Serve over buttered noodles or vegetable of choice.

Serving suggestion - best if refrigerated and reheated gently the next day.

INGREDIENTS

3 lbs beef (chuck, rump, brisket, or stew meat), cut into 2 inch pieces

8 oz salt pork, cut into 1/2 inch pieces

1 large onion, diced

3 medium carrots, sliced

3 garlic cloves, finely minced

1 lb pearl onions

1 lb white button mushrooms

4 tablespoons olive oil

4 tablespoons unsalted butter

2 tablespoons tomato paste

2 tablespoons all purpose flour

3 cups Chambourcin red wine

3-4 cups beef stock

2 sprigs fresh parsley

1 sprig fresh thyme

BOUQUET GARNI - TIE TOGETHER 3 SPRIGS EACH OF FRESH THYME, BAY LEAVES, AND FRESH PARSLEY