



JERNEJ KITCHEN

BEEF BOURGUIGNON

Beef Bourguignon is a slow-cooked beef stew recipe that's incredibly flavorful, rich and delicious. A French classic that's worth the effort.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
COOK:	155	MINUTES
TOTAL TIME:	170	MINUTES

BEEF BOURGUIGNON

500 ml red wine (2 1/4 cups) (Pinot Noir or Shiraz)

900 g chuck (2 pounds)

2 tbsp vegetable oil

1 tbsp butter

2 carrots

2 onions

3 cloves of garlic

1 tsp tomato paste

2 tbsp all-purpose flour

1 bay leaf

1 sprig of thyme

2 sprigs of parsley

1 tsp ground black pepper

1/4 tsp ground cloves

750 ml beef stock (3 cups)

100 g bacon or pancetta (3.5 oz)

200 g portobello mushrooms (7 oz)

1 tbsp parsley, chopped

80 g pearl onions (2.8 oz), pickled or

COOK THE RED WINE

Add red wine to a saucepan. Place over medium-high heat and bring to a boil. Cook for 15 minutes at a low simmer, then remove from the heat.

COOK THE BEEF

Cut the beef in approx. 4 cm or 2-inch cubes. Place a large heavy-bottomed pot over medium-high heat. Add oil and one tablespoon of butter. When the butter melts, add the beef chunks and sear in batches in the hot oil until brown on all sides, for approx. 4 minutes. Transfer to a plate. Peel the carrots, garlic, and onion. Cut in 1 or 1/2 inch slices. Add the vegetables to the same pot and sauté for about 5 - 8 minutes over low heat, add the tomato paste, stir to combine and cook for a minute.

COOK BEEF BOURGUIGNON

Sprinkle the beef with flour and toss well. Add the beef to the vegetables in a pot. Stir to combine and cook for 5 minutes. Add bay leaf, thyme, parsley, ground black pepper, and ground cloves. Add the beef stock and stir well, on the bottom of the pot too. Add in the red wine. Season with salt, increase the heat and bring to a boil. Lower the heat, cover a lid and cook for 2 hours - 2 1/2 hours on low heat.

TIP

The flour will cook and thicken the sauce.

Tie the herbs together making a bouquet garni for easier removal later.

COOK THE BACON AND MUSHROOMS

Remove the herbs from the Beef Bourguignon and continue to

cooked

TOOLS AND EQUIPEMENT

saucepan

heavy-bottomed pot

cutting board

kitchen knife

skillet

spoon

cook uncovered for 15 minutes over low heat. Add bacon cut in cubes to a separate pan or skillet. Place over medium-low heat and cook for about 4 - 5 minutes or until the bacon is crispy and golden-brown. Transfer to a plate. Add one tablespoon of butter to the same pan, along with cleaned and trimmed mushrooms, crushed clove of garlic and chopped parsley. Cook for 5 minutes on low heat. Add the bacon back to the pan with the mushrooms, stir to combine then transfer to a pot with Beef Bourguignon. Add pearl mushrooms and stir to combine.

TIP

If the sauce is not thick enough, remove the meat and vegetables from the pot. Put the meat's sauce through a fine sieve into another saucepan and simmer for 5 - 10 minutes to thicken the sauce.

BEEF BOURGUIGNON

Season Beef Bourguignon to taste with salt and pepper. Divide between four plates. Optionally sprinkle with freshly chopped parsley. Serve with your favorite side dish. We love [mashed potatoes](#), [parsnip puree](#) or [mashed cauliflower](#). Enjoy.