



## Beef Bourguignon (in Pressure Cooker)

**Servings: 6**

Preparation Time: 20 minutes

*Start to Finish Time: 1 hour 50 minutes*

*With tender hunks of beef in a red wine sauce, beef bourguignon is at once a rich, company-worthy meal and quintessential French comfort food.*

### FOR BUILDING FLAVOR:

**2 slices bacon, chopped fine**

**2 tablespoons tomato paste**

**1 tablespoon fresh thyme, minced fine (or 1 teaspoon dried)**

**1/2 cup flour**

**2 cups Burgundy wine (or Pinot Noir)**

**1 cup beef broth**

**8 ounces mushrooms, cremini, trimmed and sliced thin**

**1 each bay leaf**

### FOR THE BEEF:

**3 pounds beef short ribs, boneless, trimmed and cut into 2-inch pieces, pat dry, and season with salt and pepper**

**salt and pepper, to taste**

### FINISH WITH:

**2 cups pearl onions, frozen**

**1/2 cup water**

**1 tablespoon unsalted butter**

**1 tablespoon granulated sugar**

**2 tablespoons fresh parsley, minced**

**1 tablespoon cognac**

**RECIPE DEVELOPMENT:** Boeuf Bourguignon, featuring succulent beef chunks bathed in a luscious red wine sauce, effortlessly straddles the line between an opulent, company-worthy meal and an iconic French comfort classic. In our adaptation, we've replaced the sometimes elusive salt pork or fatback with readily available bacon, imparting a deep meaty flavor. Furthermore, we opted for boneless short ribs, renowned for their tenderness, over the conventional chuck, ensuring a faster and more straightforward preparation.

The melding of two cups of wine with beef broth yields a harmonious braising liquid and sauce, creating a symphony of flavors. In the pressure cooker's concentrated environment, the choice of a fruity, rich-bodied red Burgundy or Pinot Noir is imperative to achieve the desired depth. While the mushrooms handle the pressure beautifully, the delicate onions shine brightest when sautéed separately, adding a nuanced layer of perfection to this exquisite dish.

### BUILD FLAVOR (20 minutes):

Cook bacon in pressure-cooker pot over medium-high heat until browned and crisp, about 3 minutes.

Using slotted spoon, transfer bacon to paper towel-lined plate.

Add tomato paste and thyme to fat left in pot and cook until fragrant, about 30 seconds.

Stir in flour and cook for 1 minute.

Whisk in wine, smoothing out any lumps, and simmer until thickened, about 10 minutes.

Stir in broth, mushrooms, and bay leaves. Using wooden spoon, scrape up all browned bits stuck on bottom of pot.

Pat beef dry with paper towels, season with salt and pepper, and stir into pot.

### HIGH PRESSURE (40 Minutes):

Bring to high pressure and cook for 35 minutes.

### NATURALLY RELEASE PRESSURE (15 minutes):

Turn off pressure cooker and allow pressure to release naturally for 15 minutes. Quick release any remaining pressure, then carefully remove lid, allowing steam to escape away from you.

### BEFORE SERVING (15 minutes):

Bring pearl onions, water, butter, sugar, and 1/4 teaspoon salt to boil in 12-inch non-stick skillet over high heat.

Cover, reduce heat to medium-low, and simmer, shaking pan occasionally, until onions are tender, about 5 minutes.

Uncover, increase heat to high, and simmer until all liquid evaporates and onions caramelize, about 3 minutes.

Remove and discard bay leaves from stew.

Using large spoon, skim excess fat from surface of stew.

Stir in cooked pearl onions (from skillet), parsley, and cognac and season with salt and pepper to taste.

Sprinkle individual portions with reserved bacon before serving.

*Serving Ideas: Serve with such foods as Mashed Potatoes, Crusty Bread or Baguettes, Rice, Egg Noodles or Polenta*

*Per Serving (excluding unknown items): 762 Calories; 49g Fat (62.5% calories from fat); 44g Protein; 22g Carbohydrate; 2g Dietary Fiber; 177mg Cholesterol; 403mg Sodium; 8g Total Sugars; trace Vitamin D; 61mg Calcium; 7mg Iron; 1070mg Potassium; 466mg Phosphorus. Exchanges: .*

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