



Chef ETL's Beef Bourguignon

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 3 hours 15 minutes



Elevate Beef Bourguignon with red wine and flamed Cognac. Traditional yet sophisticated, featuring mushrooms and pearl onions, served atop rustic French bread for a magical flavor experience.

COOK:

- 1 tablespoon extra-virgin olive oil
- 8 ounces bacon, diced
- 2 1/2 pounds beef chuck for stew, cut into 1-inch cubes
- 1 pinch salt and pepper, to taste

STEW:

- 1 pound carrots, sliced diagonally into 1-inch chunks
- 2 medium yellow onions, sliced
- 2 stalks celery, sliced
- 2 cloves garlic, chopped
- 1/2 cup Cognac
- 1 750ml btl dry red wine (such as Cote du Rhone or Pinot Noir)
- 2 cups beef broth (more or less per the directions)
- 1 tablespoon tomato paste
- 1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried)
- 4 tablespoons unsalted butter, at room temperature (divided)
- 3 tablespoons all-purpose flour
- 6 ounces frozen pearl onions
- 1 pound white mushrooms, stems discarded, caps thickly sliced
- 1/2 pound cremini mushrooms, stems discarded, caps thickly sliced

FOR SERVING:

- 1 loaf French-Style Country Bread (or Sour Dough) toasted or grilled and rubbed with garlic clove
- 1/2 cup chopped fresh parsley (optional)

Experience the essence of culinary artistry with our Beef Bourguignon. We elevate this classic stew by infusing it with a full-bodied red wine and the exquisite touch of flamed Cognac. While maintaining the traditional ingredient profile, we introduce a delightful twist with two types of mushrooms and delicate pearl onions. Served atop rustic French country-style bread, this dish creates an enchanting flavor symphony that is pure magic for your palate.

Preheat the oven to 250°F.

COOK BACON & BROWN MEAT (25 minutes):

Heat the olive oil in a large Dutch oven. Add the bacon and cook over medium heat for 10 minutes, stirring occasionally, until the bacon is lightly browned. Remove the bacon with a slotted spoon to a large plate.

Dry the beef cubes with paper towels and then sprinkle them with salt and pepper.

In batches in single layers, sear the beef in the hot oil for 3 to 5 minutes per batch, turning to brown on all sides. Remove the seared cubes to the plate with the bacon and continue searing until all the beef is browned. Set aside.

PREPARE/COOK STEW (2 hours, 30 minutes):

Toss the carrots, onions, celery, 1 tablespoon salt and, 2 teaspoons of pepper in the fat in the pan and cook for 10 to 15 minutes, stirring occasionally, until the onions are lightly browned.

Add the garlic and cook for 1 more minute.

Add the Cognac, stand back, and ignite with a match to burn off the alcohol.

Put the meat and bacon back into the pot with the juices.

Add the bottle of wine plus enough beef broth to almost cover the meat.

Add the tomato paste and thyme. Bring to a simmer

Add the frozen onions.

Cover the pot with a tight-fitting lid and place it in the oven for about 1-1/4 hours or until the meat and vegetables are very tender when pierced with a fork.

Combine 2 tablespoons of butter and the flour with a fork and stir into the stew.

Saute all the mushrooms in 2 tablespoons of butter for 10 minutes until lightly browned and then add to the stew.

Bring the stew to a boil on top of the stove, then lower the heat and simmer for 15 minutes. Season to taste.

SERVE:

For each serving, spoon the stew over a slice of the toasted bread and sprinkle with parsley.

Per Serving (excluding unknown items): 751 Calories; 34g Fat (48.1% calories from fat); 54g Protein; 28g Carbohydrate; 6g Dietary Fiber; 166mg Cholesterol; 869mg Sodium; 11g Total Sugars; 1mcg Vitamin D; 121mg Calcium; 7mg Iron; 1830mg Potassium; 674mg Phosphorus. Exchanges: .

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