

BEEF BOURGUIGNON (Bourguignon de Boeuf)

Ingredients

4 Pounds Prime Beef Chuck Cubes (cut to size, no larger than one inch)
12 -15 Pearl Onions; peeled
2 Carrots; peeled and cut to 1/2 inch rounds
12 Cremini mushrooms; quartered
10 Juniper Berries; crushed
2 Bay Leaves
1 Liter of Red Wine (Suggestions listed below recipe)
10 Teaspoons of Cognac
3 Cups of Beef Stock
1 Bouquet Garni
1 Tablespoon of flour
5 pieces of Pancetta sliced 1/4 inch thick and cut into small squares
2 Tablespoons Butter
Salt and Pepper to taste

Use a large Dutch Oven or Heavy Soup Pot to prepare this beautiful Bourguignon

1. The day before you plan to make the Beef Bourguignon, marinate the beef pieces in the entire bottle of wine, cognac, bay leaves and crushed juniper berries.
2. When ready to begin the stew, strain the beef from the wine and reserve the wine liquid.
3. Sauté the pancetta until crispy. Remove the pancetta to a plate and leave the remaining fat that has rendered into the pan. Add two tablespoons of butter to the pan and now you will sauté the mushrooms in the rendered fat for a moment or two until slightly softened. Remove from the pan and set aside.
4. Add the beef to the pan and sear until the meat has started to brown and any extra liquid has evaporated. Sprinkle the flour over the mixture and stir to coat.
5. Add the mushrooms, carrots and onions to the pan and gently mix.
6. Now you can add the reserved wine marinade to the pot, top with beef stock to cover the meat. Let the mixture come to a boil.
7. Add the bouquet garni and lower the flame to a simmer. Cover with the lid tilted to let the steam escape as the bourguignon simmers.
8. Bourguignon should simmer for just about two hours. Stir occasionally and if at any point the liquid seems to lower too far below the beef then you may add more stock.
9. When the beef is tender, you are ready to serve. If the gravy doesn't seem thick enough you may mix some of the liquid with a tablespoon or two of cornstarch and add to the stew. Stir and warm through as it thickens. Serve the Bourguignon over mashed potato, pasta or polenta. Top each serving with the toasted pancetta.

Bon Appétit!

SUGGESTED BOTTLES OF WINE:

SUPER FANCY- NUIITS-SAINT-GEORGES \$107.

CHOWFANCY- ALOXE-CORTON - (GRAND VIN DE BOURGOGNE) \$53.

FANCY- COTE DU RHÔNE

OR ... AN ARGENTINE MALBEC ...\$20