

Beef Bourguignon



Ingredients:

1 lb. beef stew meat (chuck or brisket), cut into chunks
1 cup bacon or beef lardons, chopped
2 tbsp olive oil
2 tbsp all-purpose flour
2 cups red wine (dry – like Burgundy or Shiraz)
2 cups of beef stock or broth
2 tbsp tomato paste
1 onion, chopped
2 carrots, sliced
2 garlic cloves, minced
1 tsp dried thyme
1 bay leaf
Salt and black pepper to taste
Optional garnish:
1 cup of mushrooms, halved
1 cup of pearl onions or small onions
1 tbsp butter

Instructions:

1. Prepare the Meat

Pat the beef dry with a paper towel. Season with salt and pepper.
In a large pot, heat 1 tbsp olive oil over medium-high heat.
Sear the beef in batches (don't overcrowd). Brown all sides, then remove and set aside.

2. Cook Bacon and Vegetables

In the same pot, add chopped bacon and cook until crispy.
Add the chopped onion, carrots, and garlic. Cook for 5–7 minutes.

3. Combine and Add Flour

Return beef to the pot. Sprinkle with flour and stir well.
Cook for 2 minutes to remove raw flour taste.

4. Deglaze with Wine

Pour in the red wine and beef stock. Stir and scrape the bottom of the pot.
Add tomato paste, thyme, bay leaf, and more salt & pepper if needed.

5. Simmer Slowly

Cover with lid and simmer on low heat for 2.5 to 3 hours, or
Bake in the oven at 160°C (325°F) for the same time.
Stir occasionally. The beef should be fork-tender.

6. Prepare Garnish (Optional)

In a separate pan, melt butter.
Sauté mushrooms and pearl onions until golden.
Add to the stew during the last 30 minutes of cooking.

7. Serve Hot

Remove bay leaf before serving.
Serve with mashed potatoes, buttered noodles, or crusty bread. Rice