

Beef Bourguignon



Shopping List

- 2.5 lbs. stewing beef
- 1.5 oz. butter
- 10 pearl onions
- 2 carrots
- 2 cloves garlic
- 40 g flour
- 1.5 L red wine
- 7 oz mushrooms
- 2 c beef stock
- 1 bouquet garni

3.5 hours | 4 servings

- Salt
- Pepper

Les Jamelles
Pinot Noir

Preparation

In a Dutch oven, melt the butter and sauté the onions and bacon cubes. When golden brown, remove and set aside. In the same pot, sear the beef cut into 3 to 4-cm cubes and add the carrots cut into rounds. Sauté together for 5 min. Sprinkle with the flour and allow to brown while stirring constantly. Pour in the red wine and beef stock; add the reserved bacon and onions, bouquet garni and crushed cloves of garlic. Season with salt and pepper. Bring to the boil then cover and let simmer over low heat for 3 hours. Then add the sliced mushrooms and simmer for another ½ hour.

Serve this dish with potatoes or pasta.

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A recipe for you and one to share!

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