



## *Beef Bourguignon*



### **Ingredients:**

- 2 ½ pounds boneless beef chuck trimmed and cut into 1-inch cubes
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ cup all-purpose flour
- 8 ounces bacon diced
- 1 yellow onion diced
- 6 carrots diced
- 4 celery stalks diced
- 1 pound cremini or button mushroom sliced
- 4 cloves garlic pressed or minced
- ½ cup cognac
- 1 tablespoon tomato paste
- 2 cups dry red wine such as Pinot Noir
- 2 cups beef stock
- 1 tablespoon brown sugar
- 1 teaspoon fresh thyme leaves
- Chopped fresh Italian parsley for garnish

### **Method:**

1. Preheat the oven to 350°F.
2. Add the beef to a large mixing bowl and season it with the salt and pepper then toss with the flour. Set aside.
3. In a large cast-iron cocotte Dutch oven, cook the bacon over medium-low heat until the edges of the bacon are crispy. Remove the bacon to a large bowl, leaving the rendered fat in the pan.
4. Increase the heat to medium high. Add the beef to the fat in the pan and brown it on all sides. Remove the beef from the pan to the bowl with the bacon.
5. Add the onions, carrots, celery, and mushrooms to the pan. Reduce the heat to medium and cook for 5 to 7 minutes, until softened. Add the garlic and cook for another minute, or until aromatic. Remove the vegetables from the pan to the bowl with the beef.

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6. Deglaze the pan with the cognac and cook until reduced by half, scraping the bottom of the pan to release any browned bits.
7. Stir in the tomato paste then add the wine, stock, thyme, brown sugar, and a pig pinch of salt and pepper. Bring to a boil, and then remove from the heat.
8. Return the bacon, beef, and vegetable stop the pot, cover, and place in the oven.
9. Cook for 1 ½ to 2 hours in the preheated oven, until the beef is fork-tender. Remove from the oven, and adjust the seasoning if needed.
10. Serve garnished with parsley over my favorite mashed potatoes or mashed cauliflower.

## **Recipe Notes**

- Use a good quality red wine you would actually want to drink. It does not have to be expensive to be good. I have used a pinot noir and Malbec before, with both adding the rich flavor this dish is known for.
- If you do not have cognac, you can leave it out if you would like.
- This dish's flavors deepen over time. Cook it in its entirety one or two days before serving, refrigerate and re-warm to serve. Alternatively, cook through the stovetop steps a day or two ahead then finish in the oven the day you would like to serve.