

From the  
Left Bank  
kitchen

# BŒUF BOURGUIGNON

This famous French beef stew is perfect to share with family and friends.

## INGREDIENTS:

- 8 oz beef flat iron, cut 2" x 2"
- 2 oz carrot
- 2 oz onion
- 1 oz celery
- one fresh bay leaf
- 1/4 bunch thyme
- 4 each black peppercorn
- Parsley stamp
- 2 cups red wine
- 4 garlic cloves, slivered
- 3 fingerling potatoes, boiled in salted water
- 2 baby round French carrots, blanched in salted water
- 5 baby button mushrooms, cleaned and sautéed in blend olive oil
- 5 lardons, blanched in water
- 4 pearl onions, large, cooked in white wine, olive oil, bay leaf, and garlic
- 1/2 tsp parsley, chopped
- 1 tsp olive oil blend
- Veal demi

## DIRECTIONS:

1. Make a sachet with the thyme, parsley, pepper, and bay leaves.
2. Marinate the cut flat iron in red wine with the sachet, vegetables, and half of the olive oil for 48 hours.
3. Remove the beef and strain the vegetables; reserve the wine.
4. Pat the meat dry, season, and sear in a hot pan with olive oil. Set aside in slow temperature in rondeau or braisière pot.
5. In the same pan that you sautéed the meat, cook the carrots, onion, celery, and garlic, and deglaze with the reserved wine. Pour over the meat.
6. Slow simmer for about 2 hours (don't over cook!).
7. Remove the meat and vegetables, check for seasoning. Reduce the liquid by half and add veal demi. Reduce and check for consistency and seasoning.
8. Strain the sauce in fine mesh strainer.
9. Store the beef in the braising liquid.

When ready to serve:

1. In a large sauté pan, sauté butter, mushrooms, bacon, pearl onions, carrot, and fingerling potatoes until a nice brown color.
2. Warm up the meat with the sauce and simmer for 5 minutes.
3. Display meat in a large deep plate, and garnish with vegetables, lardons, and freshly chopped parsley.