



Beef Bourguignonne (aka Beef Burgundy)

Source: William Sonoma

Serving Size: 4~6

Prep Time: ~ 20 min

Cooking Time: 7~8 hours



NOTE:

A traditional dish from Burgundy, France, beef bourguignonne is a savory stew of meat and vegetables braised in red wine. Here, we prepare the stew in a slow cooker, which produces tender, succulent results. Beef demi-glace adds depth of flavor.

Instructions

- Place the flour in a large bowl.
- Season the beef with salt and pepper, add to the flour and stir to coat evenly.
- Transfer to a plate, shaking off the excess flour.
- In a large sauté pan over medium-high heat, warm the olive oil until almost smoking.
- Working in batches, brown the beef on all sides, **5 to 7 minutes**, Transfer to a slow cooker.
- Add the bacon, carrots, onions and garlic to the sauté pan and cook, stirring occasionally, until just tender, about **10 minutes**.
- Transfer to the slow cooker along with the bay leaves, thyme, parsley and mushrooms.
- Off the heat, pour the wine into the sauté pan and set over medium-high heat.
- Whisk in the demi-glace and bring to a boil, stirring to scrape up the browned bits from the pan bottom.
- Add to the slow cooker, cover and cook until the meat is fork tender, **6 hours on high or 8 hours on low**.
- Discard the bay leaves before serving

Ingredient List

- 3/4 cups all-purpose flour
- 2.5~ 3.0 lb. beef stew meat, cut into 1-inch pieces
- Salt and freshly ground pepper, to taste
- 1/8 cup extra-virgin olive oil
- 3 thick bacon slices, cut into 1-inch pieces
- 3 large carrots, peeled and cut into 1/2-inch pieces
- 1 yellow onions, sliced 1/4 inch thick
- 3 garlic cloves, chopped
- 2 bay leaves
- 3 fresh thyme sprigs
- 6 fresh flat-leaf parsley sprigs
- 1/2 lb. white button mushrooms, halved
- 1/2 bottle Pinot Noir
- 1/2 Tbs. beef demi-glace
- Steamed baby red potatoes tossed with butter and chopped fresh flat-leaf parsley for serving (optional)
- Bread For Serving