

Beef Bourguignon

Julia Child, Mastering the Art of French Cooking

Submitted by Betsy Ding & Janet Esperson

Ingredients:

- 6 oz chunk of bacon
- 1 Tbsp oil
- 3 lbs lean stewing beef, cut into 2-inch cubes
- 1 sliced carrot
- 1 sliced onion
- 1 tsp salt
- ¼ tsp pepper
- 2 Tbsp flour
- 3 c full-bodied red wine, such as Chianti
- 2-3 c beef stock
- 1 Tbsp tomato paste
- 2 cloves mashed garlic
- ½ tsp thyme
- A crumbled bay leaf
- 18-24 braised small white onions (see below)
- 1 lb sautéed, quartered mushrooms

Directions:

1. Preheat oven to 450 degrees. Remove the rind from the bacon and cut into lardons, ¼ inch by 1 ½ inches long. Simmer rind and bacon, 10 mins in 1 ½ qts of water. Drain and dry. Saute the lardons in the oil over moderate heat for 2-3 mins. to brown lightly. Remove with a slotted spoon.
2. Dry the beef thoroughly with paper towels. Reheat the casserole until the bacon fat is almost smoking, then sauté beef, a few pieces at a time, until nicely browned on all sides. Add the meat to the bacon.
3. Brown vegetables in the same pan. Pour off fat.

4. Return the beef and bacon to the casserole and toss with the salt and pepper. Sprinkle on the flour and toss again lightly to coat. Set the casserole, uncovered, in the preheated oven for 4 mins. Toss the meat and bake 4 mins. to cover the meat with a light crust. Remove casserole. Reduce heat to 325.
5. Stir in the wine and enough stock to cover. Add tomato paste, garlic, herbs and bacon rind. Bring to a simmer on top of the stove. Then cover and return it to the oven, so it simmers very slowly for 2 ½ to 3 hours. The meat is done when a fork pierces it easily.
6. Meanwhile, brown-braise the onions: peel them and brown them in a little butter. Place them in a saucepan in a single layer and add enough chicken stock to come halfway up. Add salt and a little sugar simmer slowly for 25 mins., or until tender.
7. When the meat is tender pour the casserole into a sieve set over a saucepan. Wash the casserole, add the stew and sprinkle with the cooked onions and mushrooms.
8. Simmer the sauce for a minute or two, skimming off fat, until the sauce is thick enough to coat a spoon lightly. Taste carefully for seasoning. Pour over the meat and vegetables. Let cool, then refrigerate. When ready to serve, reheat the casserole, simmering for 10 mins. and occasionally basting the meat with the sauce.

Notes: I made two earlier servings of this dish using Costco stew meat and Costco bacon. Each one turned out to be delicious. The second, larger dish was refrigerated for two days before being reheated. Because I was using the second one with family I added small, white potatoes, two extra carrots and some frozen peas.