



Beef Bourguignon – Rudi Pestl



Preamble

Recipe is from my wife's closest girl friend. It has become a family favourite, even our family "vegetarian" makes it an exception. Full-flavored beef stew in red wine is just as much at home in our kitchen as much as it is in French bistros. This recipe also adapts beautifully to wild game instead of beef.



Ingredients	Measure	6-8 Servings	3-4 Servings
Olive oil	tbsp	6	3
Button mushrooms	oz	12	6
Small onions, peeled		18	9
Lean stewing beef, 2" cubes	lb	3	1.5
Flour, all purpose	cup	1/4	1/8
Beef stock	cup	2	1
Red wine (Rosemount Shiraz)	cup	2	1
Tomato paste	tbsp	1	1/2
Garlic, crushed	clove	4	2
Salt	tsp	1	1/2
Thyme, dried	tsp	1	1/2
Bay leaf		1	A wee one
Black pepper	grinds	few	1/2 few
Parsley, chopped		As you like it	1/2 as you like it



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Instructions

1. In large heavy skillet or Dutch oven, heat half oil. Add mushrooms and brown very lightly; remove and set aside.
2. Add remaining oil to pan; brown onions well, stirring often; remove and set aside.
3. Add beef cubes to pan in batches, browning them well on all sides (add extra fat if needed). Remove beef and set aside.
4. To fat remaining in pan (there should be about $\frac{1}{4}$ cup; if not, add some), stir in flour. Add stock, wine and tomato paste; bring to a boil, stirring as sauce thickens. Add garlic, salt, thyme, bay leaf and a few grindings of black pepper.
5. Return meat to Dutch oven (or if using skillet, transfer meat and sauce to large heavy casserole). Cover and bake in 350 deg F oven for about 2 hours or until very tender, adding onions for the last 30 minutes and the mushrooms for the last 15 minutes. (If the sauce cooks down too much, add just enough water to keep the meat just barely covered with liquid.) Remove bay leaf; taste and adjust seasoning.
6. Before serving, sprinkle stew with chopped parsley. Serve on fettuccini with crusty bread and red wine.

