

# Beef Bourguignon

August 20, 2004



## Ingredients

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Serves 8

8 ounces bacon, coarsely chopped

3 pounds well-trimmed boneless beef chuck, cut into 1 1/2-inch cubes  
(from 7-bone chuck roast)

1/3 cup all purpose flour

1 1/4 pounds boiling onions, peeled

3/4 pound large carrots, cut into 1-inch pieces

12 large garlic cloves, peeled (left whole)

3 cups canned beef broth

1/2 cup Cognac or brandy

2 750-ml bottles red Burgundy wine

1 1/4 pounds mushrooms

1/3 cup chopped fresh thyme or 2 tablespoons dried

1 tablespoon dark brown sugar

1 tablespoon tomato paste

### **Step 1**

Preheat oven to 325°F. Sauté bacon in heavy large Dutch oven over high heat until brown and crisp, about 8 minutes. Using slotted spoon, transfer bacon to paper towels. Season beef generously with salt and pepper; coat with 1/3 cup flour, using all of flour. Working in 3 batches, brown beef in same pot over high heat, about 5 minutes per batch. Transfer meat to large bowl. Add onions and carrots to same pot and sauté until light brown, about 6 minutes. Add garlic and sauté 1 minute. Transfer vegetables to bowl with beef.

### **Step 2**

Add 1 cup broth and Cognac to pot; boil until reduced to glaze, scraping up browned bits, about 8 minutes. Return meat and vegetables and their juices to pot. Add wine, mushrooms, thyme, sugar, tomato paste and 2 cups broth. Bring to boil, stirring occasionally. Cover pot and place in oven. Cook until beef is tender, about 1 hour 20 minutes.

### **Step 3**

Ladle liquid from stew into large saucepan. Spoon off fat. Boil liquid until reduced to 2 3/4 cups, about 40 minutes. Season with salt and pepper.

Pour liquid back over beef and vegetables. (Can be prepared 1 day ahead. Cover and chill.) Rewarm over low heat before serving.

