



Boeuf Bourguignon a la Julia Child

Beef Burgundy *inspired* by Julia Child

YIELD: Makes 6 entrée servings

COOKING TIME: Prep 30 minutes, Cook 4 to 5 hours, Total 5 hours, 30 minutes

WINE SUGGESTION: 2015 Cabernet Sauvignon, Dry Creek Valley

INGREDIENTS

For the Stew

- 6 ounces thick sliced applewood smoked bacon, cut into 1½ inch pieces
- 1 tablespoon olive oil
- 3 pounds lean stewing beef, cut into 1-inch to 2-inch cubes
- 2 carrots, peeled and sliced into thick rounds
- 1 onion, peeled and sliced
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 3 tablespoons flour
- 3 cups red wine (a full-bodied wine like Cabernet Sauvignon or Syrah)
- 2 -3 cups beef broth / stock
- 1 tablespoon tomato paste
- 2 garlic cloves, mashed (you may choose to add more)
- 1 bay leaf, preferably fresh
- 1 sprig thyme (or 1/2 teaspoon dried thyme)

For the Braised Onions

- 18 -24 white pearl onions, peeled
- 2 tablespoons unsalted butter
- 1½ tablespoons extra virgin olive oil
- ½ cup beef broth / stock
- salt & fresh ground pepper
- 1 bay leaf, preferably fresh
- 1 sprig thyme (or 1/2 teaspoon dried thyme)
- 2 sprigs parsley

For the Sautéed Mushrooms

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1 pound button mushrooms, quartered
2 tablespoons unsalted butter
1 tablespoon olive oil

PREPARATION

Pre-heat the oven to 450°F.

Put the tablespoon of olive oil in a large (9" - 10" wide, 3" deep) fireproof casserole and warm over moderate heat.

Sauté the bacon for 2 to 3 minutes until lightly browned but still limp and remove to a side dish with a slotted spoon.

Dry off the pieces of beef and sauté them, a few at a time in the hot oil/bacon fat until nicely browned on all sides.

Once browned, remove to the side plate with the bacon.

In the same oil/fat, sauté the onion and the carrot until slightly softened.

Pour off the fat and return the bacon and the beef to the casserole with the carrots and onion.

Toss the contents of the casserole with the salt and pepper and sprinkle with flour.

Set the uncovered casserole in the oven for four minutes.

Toss the contents of the casserole again and return to the hot oven for 4 more minutes.

Lower the heat to 325°F and remove the casserole from the oven.

Toss and add the wine and enough stock so that the meat is barely covered.

Add the tomato paste, garlic and herbs.

Bring to a simmer on the top of the stove.

Cover, return to oven and adjust heat so that the liquid simmers very slowly for 3 to 4 hours.

While the meat is cooking, prepare the onions and mushrooms and set aside till needed.

For the Perl Onions: If using frozen, make sure they are defrosted and drained.

Heat the butter and oil in a large skillet and add the onions to the skillet.

Sauté over medium heat for about ten minutes, rolling the onions about so they brown as evenly as possible, without breaking apart.

Pour in the stock, season to taste, add the herbs, and cover.

Simmer over low heat for about 40 to 50 minutes until the onions are perfectly tender but retain their shape and the liquid has mostly evaporated.

Remove the bay leaf and herbs and set the onions aside.

For the Sautéed Mushrooms: Heat the butter and oil over high heat in a large skillet.

As soon as the foam begins to subside add the mushrooms and toss and shake the pan for about five to ten minutes.

As soon as they have browned lightly, remove from heat.

To Finish the Stew:

After the initial 3 hours, start checking to see if the meat is tender by using a fork. At the point where you're satisfied by its tenderness, remove the casserole from the oven.

Remove the bay leaf and herbs and distribute cooked mushrooms and onions over the meat.

You should be left with about 2½ cups of sauce thick enough to lightly coat a spoon.

If the sauce is too thick, add a few tablespoons of stock.

If the sauce is too thin, boil it down to reduce to the right consistency.

Tip: Using a ladle, you may want to remove most of the sauce to a saucepan for the purpose of reducing it down to the right consistency so that you will not burn or overcook the stew.

If necessary, return sauce to casserole, taste for seasoning and garnish with fresh parsley.

Serve from the casserole into bowls with a crusty baguette to dip into the sauce, or from a warm platter surrounded by your choice of a starch.

If serving later or the next day, allow the casserole to cool and place cold, covered casserole in the refrigerator.

20 minutes prior to serving, place over medium low heat and simmer very slowly for ten minutes, occasionally basting the meat and vegetables with the sauce.