

# *The Gypsy Chef*

## Boeuf Bourguignon

Adapted from mastering the Art of French Cooking  
Julia Child

Let it be noted, I parted from tradition here and cooked the pearl onions in the stew. I also did not remove the sliced carrots and onions. Not traditional, but easier and just as delicious.

6 ounces bacon, I used slices and cut them into lardons about 1/2 wide  
1 tablespoon olive oil  
4 pounds beef chuck cut into 2 inch cubes  
1 carrot, peeled and sliced  
1 onion, peeled and sliced  
24 pearl onions, peeled  
Salt  
Freshly ground pepper  
2 tablespoons flour  
3 cups full bodied red wine (I used a Burgundy)  
2-3 cups beef stock, enough to cover the meat, if using canned, low sodium  
1 tablespoon tomato paste  
2 garlic cloves mashed  
several sprigs fresh thyme  
1 bay leaf

1 pound mushrooms, quartered, cleaned  
2 tablespoons unsalted butter

Preheat oven to 450 degrees.

Heat 1 tablespoon of olive oil in a large Dutch oven over medium heat. Saute the lardons until brown. Remove and reserve.

Dry the beef and saute a few pieces at a time until browned on all sides. Do not crowd the pan, or the beef will not brown, only steam. Remove and set aside.

In the same pan saute the onions and carrots until softened. Add the pearl onions and saute for 1 minute. Pour off the excess fat and return the bacon and beef to the pan. Add the salt and pepper and sprinkle with flour. Give the pan a good stir.

Set the uncovered casserole in the oven for 4 minutes. Stir again and return to the oven for another 4 minutes. This will cook the flour.

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Remove the Dutch oven and lower the heat to 325 degrees. Add the wine and enough stock until the meat is barely covered. Add the tomato paste, garlic and herbs.

Bring to a simmer on top of the stove. Cover and place in the oven, and cook for 3-4 hours. We used a convection oven and it was done to perfection in about 2 -1/2 hours. The stew is done when the meat will be fork tender.

While the meat is cooking, saute the mushrooms.

Heat the butter in a skillet over high heat. When the foam subsides add the mushrooms and saute by shaking the pan. After 2 minutes add salt and pepper and continue tossing until brown. Approximately 5 minutes.

When the bourguignon is finished cooking, using a slotted spoon, remove the meat, onions and carrots with a slotted spoon to a serving platter. Keep covered.

Reduce the sauce over high heat until thick enough to coat a spoon. Pour over meat, sprinkle the mushrooms and serve.

If the sauce is too thick add more broth, too thin reduce more.  
Serve with sautéed potatoes or noodles.

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