



WINTER RECIPE

BEEF BOURGIGNON

INGREDIENTS :

- 3lbs of boneless beef chuck (well-marbled)
– cut into 1-inch chunks
- 2 tsp salt
- 1 tsp black pepper
- 3 tsp olive oil
- 2 medium yellow onions – peel and chop into 1-inch chunks
- 7 cloves of garlic – peeled and smashed
- 2 tsp balsamic vinegar
- 1 ½ tsp tomato paste
- ¼ cup all-purpose flour
- 2 cups dry red wine
- 2 cups beef broth
- 2 cups water
- 1 bay leaf
- ½ tsp dried thyme
- 1 ½ tsp sugar
- 4 large carrots – peel and chop into 1-inch chunks
- 1lb small white boiling potatoes – cut in half

INSTRUCTIONS :

- Step 1 - Preheat the oven to 160°C and set a rack in the lower middle position.
- Step 2 - Pat the beef dry and season with the salt and pepper. In a large Dutch oven (or heavy pot), heat 1 tbsp of oil over med-high heat until shimmering. Brown the meat in 3 batches, for about 5 mins per batch; add 1 tbsp more oil per batch. (*To sear the meat properly, don't crowd the pan and let the meat develop a nice brown crust before turning with tongs.*) Set this aside.
- Step 3 - Add onions, garlic and balsamic vinegar; stir with a wooden spoon and scrape the brown bits from bottom of the pan, for about 5 mins. Add the tomato paste and cook for a minute more. Add the beef (with its juices) back to the pan and sprinkle in the flour. Stir with wooden spoon until the flour is dissolved, 1-2 mins. Add the wine, beef broth, water, bay leaf, thyme, and sugar. Stir (loosening any brown bits from the bottom of the pan) and bring to boil. Cover the pot, transfer to the preheated oven and braise for 2 hours.
- Step 4 - Add the carrots and potatoes to the pot. Cover and place back in oven for about an hour more, or until the vegetables are cooked, the broth is thickened and the meat is tender. Fish out the bay leaf, then taste and adjust seasoning if necessary.

IF PRE-COOKING :

Let it come to room temperature and then store in the fridge until ready to serve. This stew improves in flavour if made at least 1 day ahead. Reheat, covered, over medium heat.

IF ITS CHEAT DAY - THIS IS BEST WITH WARM CRUSTY BREAD!

