
Beef Bourguignonne

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 6

For best results, this dish should be prepared the day before and reheated just before serving time.

6 ounces chunk of bacon
1 tablespoon olive or cooking oil
3 pounds lean stew beef
1 carrot, sliced
1 onion, sliced
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons flour
3 cups burgundy
2 to 3 cups beef stock or bouillon
1 tablespoon tomato paste
2 cloves garlic, mashed
1/2 teaspoon thyme
1 bay leaf, crumbled
18 to 24 small white onions, brown-braised in stock (see recipe - side dishes/onions)
1 pound fresh mushrooms, quartered
1/4 cup butter
2 tablespoons salad oil
parsley (for garnish)

Remove the rind from the bacon and cut into 1/4-inch by 1-1/4-inch strips. Simmer the rind and bacon in 1-1/2 quarts of water for 10 minutes. Drain and dry.

Preheat the oven to 450 degrees.

In an ovenproof casserole or Dutch oven, saute' the bacon in oil for 2 to 3 minutes to brown lightly. Remove the bacon and reheat almost to the smoking point.

Cut the beef into 1-1/2 -inch by 2-inch cubes and dry well with paper towels. Saute' the meat in hot fat a little at a time until browned on all sides. Remove and place with the bacon. In the same fat, saute' the carrot and onion slices. Then pour out the fat.

Return the beef and bacon to the casserole. Toss with salt and pepper. Sprinkle on flour and toss again. Set the casserole in the middle of the oven for 4 minutes. Toss the meat again and return to the oven for 4 minutes more. Remove the casserole and reduce the oven temperature to 325 degrees.

Stir in the wine and enough stock so that the meat is barely covered. Add the tomato paste, garlic, herbs and the blanched bacon rind. Bring to a simmer on the top of the stove. Cover the casserole and place in the lower one-third of the oven. Regulate the heat so that the liquid simmers very slowly for 3 to 4 hours, or until the meat is done.

Prepare the onions and mushrooms and set aside until needed.

When the meat is tender, pour the contents of the casserole into a sieve set over a saucepan. Wash out the casserole and return the beef and bacon to it. Distribute the cooked onions and mushrooms over the meat. Skim the fat off the sauce. Simmer the sauce for 1 to 2 minutes, skimming off additional fat as it rises. There should be about 2-1/2 cups of sauce thick enough to coat a spoon lightly. (If too thin, boil it down rapidly, if too thick, mix in a few tablespoons of stock.) Taste the sauce carefully for seasoning and pour over the meat and vegetables.

Cool. Cover and refrigerate.

To serve: Bring to a simmer. Cover and simmer gently for 10 minutes, basting the meat and vegetables occasionally with the sauce.

Beef

Per Serving (excluding unknown items): 298 Calories; 13g Fat (49.6% calories from fat); 4g Protein; 25g Carbohydrate; 5g Dietary Fiber; 21mg Cholesterol; 474mg Sodium. Exchanges: 0 Grain(Starch); 4 Vegetable; 2 1/2 Fat.