

# Boeuf Bourguignon

Carolee Griffith - Newton, IL

Treasure Classics - National LP Gas Association - 1985

## Servings: 6

*3 pounds boneless chuck  
steak  
4 slices bacon, cut into tiny  
pieces  
2 tablespoons brandy  
(optional)  
2 onion, finely chopped  
1 clove garlic finely chopped  
2 tablespoons flour  
1 1/2 cups good red wine  
1/2 cup beef broth  
3 sprigs parsley  
1 bay leaf  
1/2 teaspoon thyme  
1 teaspoon peppercorns  
salt  
pepper  
2 tablespoons butter  
1/4 pound mushrooms,  
quartered  
2 tablespoons parsley (for  
garnish), finely chopped*

## Preparation Time: 40 minutes

### Bake Time: 1 hour 30 minutes

Trim all the fat off the beef and cut into one-inch cubes.

In a large skillet, fry the bacon until all of the fat has been rendered. Drain the bacon. Remove and set aside.

Saute' the beef in the bacon fat a few pieces at a time until lightly browned. Transfer the beef to a 2-1/2 quart casserole with the bacon. Place over moderate heat. Add and flame the brandy. Stir in the onions, garlic and flour.

Add the wine and beef broth and bring to a simmering point. Place the parsley, bay leaf, thyme and peppercorns in a cheesecloth bag. Tie with a string. Add the cheesecloth bag to the casserole. Season with salt and pepper.

Bake in a preheated 350 degree oven for 1-1/2 hours.

Cool and chill the casserole in the refrigerator for at least four hours.

To reheat the stew: place in a preheated 350 degree oven for 20 minutes. Heat the remaining butter in a small frying pan and saute' the mushrooms until lightly browned. Add the mushrooms to the casserole. Garnish with parsley.

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Per Serving (excluding unknown items): 105 Calories; 6g Fat (51.9% calories from fat); 4g Protein; 9g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 232mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.