

BOEUF BOURGUIGNON

*Serve with DelFosse 2012 Grand Cru Olivier
or DelFosse 2007 Cabernet Sauvignon*

This recipe was featured in the January 2013 newsletter, and it was so popular that we are repeating it this month. It was a favorite dish of Claude DelFosse.

The name comes from the French Province of “Bourgogne” because good red wine from this region is used in its preparation. It is a great dish to prepare for a large crowd since it can be totally cooked ahead of time, and the flavors improve when served after one day’s rest in the refrigerator.

Traditional accompaniments to Boeuf Bourguignon are small boiled peeled yellow Yukon potatoes with a sprinkle of parsley. Variations: Egg noodles, polenta, even rice.

It is best cooked in an enameled cast iron pot, Le Creuset type. The recipe serves 6.



Ingredients

- 6 ounces chunk of bacon cut into cubes to make the “lardons”
- Olive oil to sauté the meat
- 1 onion sliced thinly
- 1 celery stalk thinly sliced
- 1 carrot thinly sliced
- 3 cloves mashed
- 1 tbsp of tomato paste
- 2 bay leaves, sprig of thyme
- 3 cups of good low sodium beef stock
- 3 lbs of good meat cut in 2 inch cubes (*rump or chuck is best; top or bottom round can do but not as good. Make sure the meat is NOT wet. Dry with paper towels.*)
- 3 tbsp flour
- 4 cups of good red wine (*a young wine is fine*)

Garnish

Garnish is traditionally white onions and mushrooms (the white onions can be replaced by baby carrots). You can prepare the Garnish separately so it does not cook for three hours.

- ½ lb white onions
- ½ lb baby carrots
- ½ lb bella mushrooms.

Pare, wash vegetables and sauté in olive oil.

Reserve NOT fully cooked and put in with Boeuf Bourguignon for last half hour.

Preparation

Sauté the bacon until all fat is rendered and the “lardons” are slightly brown and crisp and drain on paper towel. Sauté the onion in olive oil and remove. Sauté the meat in olive oil and DO NOT crowd the pan. When the cubes are brown (about 5 minutes), sprinkle one tbsp of flour and brown a bit more. Pour ½ cup of red wine to deglaze and put in cooking pot. Repeat this process until all the meat has been browned.

Adjust level of liquid in cooking pot so all the meat is in the liquid. Pour in the red wine, or a mix of red wine and stock, add the bay leaves, thyme, mashed garlic, salt and pepper. Put in oven at 300 for about 2 ½ to 3 hours. Boeuf is ready when the meat is easily pierced by a knife.

If the sauce is too thin, make a quick roux of butter and flour and blend with some of the cooking liquid, add until sauce is the right consistency. If the sauce seems too thick, add a bit more stock.

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