

# STEW, HEARTY BEEF BURGUNDY aka Beef Bourguignon version 1

This recipe will fill up a 6-quart crock pot, so I suggest a larger one, if possible. Or, you can always cut back the vegetables just a little bit and it should easily work with a 6-quart pot. Quantities do not have to be exact; it will still turn out thick and delicious!

There are 2 versions of this recipe. In this version, you dredge/coat the meat in seasoned flour before searing it and in version 2, you do not. Some people prefer this version, but version 2 will obviously save you some time and mess.

## INGREDIENTS:

3 pounds stew meat or equivalent chuck roast cut up into stew-sized pieces  
5 slices thick cut bacon, cut into thumbnail-sized pieces  
1 cup all-purpose flour (maybe a little extra)  
1 tablespoon salt  
1 teaspoon pepper  
1 can (14-15 oz) tomatoes, diced or crushed, with juice  
2 tablespoons tomato paste  
3 cloves garlic, chopped (can add additional, whole garlic cloves, if desired)  
4-5 thyme sprigs - wash and remove leaves - be careful not to put in stems  
1 rosemary sprig - wash and trim leaves off sprig with scissors  
2 medium yellow or white onions, roughly chopped  
1 pound mushrooms (cremini, white button or portabella, sliced)  
1-2 pounds new (new red or Yukon Gold) potatoes, washed, quartered  
or fingerling (multi-colored okay) cut in half  
4-5 celery stalks, washed, trimmed and chopped  
4-5 carrots, washed, peeled and sliced (multi-colored okay, can use mini carrots and leave whole or cut in half)  
1 cup (maybe a little more) Malbec red wine [Argentina makes the best Malbec (I used Don Miguel Gascon)] or similar-tasting hearty red wine - not a sweet variety  
1/4 cup Worcestershire sauce  
2 cups beef or chicken stock or broth (low or no sodium, if available)  
1 tablespoon butter or oil for sauteing mushrooms  
OPTIONAL: 1 bunch fresh parsley, washed, stemmed and chopped

## INSTRUCTIONS:

1. Add salt and pepper (or other desired seasonings) to flour and mix well.
2. Dredge (coat) meat pieces in flour, shake off and reserve excess and set meat aside.
3. In a large skillet or stock pot (Dutch oven), cook bacon pieces until crisp. Using tongs, pick up pieces, carefully shake off excess grease and set pieces on paper towel-lined plate. Cover with another paper towel and blot up grease. Reserve bacon for later. Save grease in pan for next step.
4. Depending on the size of your skillet, work in batches and sear meat on all sides in bacon grease. Remove with tongs to crock pot. Repeat until all meat has been seared and put into crock pot. You may have to add some additional olive or vegetable oil - a couple of tablespoons at a time.
5. Reduce heat slightly and pour wine into skillet. Deglaze skillet with spatula.
6. To skillet, add tomato paste, stock/broth and Worcestershire sauce and any excess flour and whisk until thoroughly mixed. Pour over meat in crock pot.

7. Add all vegetables and herbs on top of meat. Do not stir.
8. Cover and cook on high for 6 hours.
9. While cooking, in another skillet, heat butter or oil and saute mushrooms until slightly, but not fully, cooked. Put in a container and put in a fridge for later use.
10. After 6 hours, meat and vegetables should be very tender.
11. If necessary, remove lid and allow to continue to cook on high until stew has thickened. May take 30 minutes to 2 hours more, but usually not much more than 6 1/2 - 7 hours total cooking time.
12. Stir in reserved mushrooms and bacon pieces.
13. Taste and stir in additional seasonings to taste, if necessary.
14. OPTIONAL: Serve garnished with fresh parsley.

**TIPS:**

I prep the vegetables the night before so it is less work the next day.

Instead of salt and pepper, consider substituting 2 tablespoons or more of Montreal or Chicago steak seasoning....or any seasoning of your choice.

This recipe is very flexible, so feel free to add, remove or change vegetables, herbs, etc. I like more portabella mushrooms in my stew.

Revision 20201208