

BEEF BOURGIGNON

Ingredients

0.75kg	Beef chuck, boneless and well trimmed of fat,
30mL	Oil,
125g	Onion, fine dice
2.5mL	Garlic, chopped fine,
30g	Flour,
65g	Tomato purée,
250ml	Brown stock,
300ml	Dry Red wine
1	Bay leaf,
pinch	Thyme,
125g	Celery,
200g	Carrots
125g	Small pearl onions
65g	Tomatoes, canned, drained, and coarsely chopped,
65 g	Peas, frozen, thawed,
to taste	Salt,
to taste	Pepper,

1. Cut the meat into 1-in. (2.5-cm) cubes.
2. Heat the oil in a brazier until very hot. Add the meat and brown well, stirring occasionally to brown all sides. If necessary, brown the meat in several small batches to avoid overcrowding the pan.
3. Add the onion and garlic to the pan and continue to cook until onion is lightly browned.
4. Add the flour to the meat and stir to make a roux. Continue to cook over high heat until the roux is slightly browned.
5. Stir in the tomato purée, red wine, and stock and bring to a simmer. Stir with a kitchen spoon as the sauce thickens.
6. Add the bay leaf and thyme. Cover the pot and place in an oven at 325°F (165°C). Braise until the meat is tender, 1.5–2 hours.
7. Cut the celery and carrots into large dice.
8. Cook the celery, carrots, and onions separately in boiling salted water until just tender.
9. When meat is tender, adjust seasoning, and skim any excess grease from the sauce.
10. Add celery, carrots, onions, and tomatoes to the stew.
11. Immediately before service, add the peas. Alternatively, garnish the top of each portion with peas. Season with salt and pepper.