

# HOW TO MAKE

## Bœuf Bourguignon

### Shopping list

- 2lb beef for stew
- 2 carrots
- 2 yellow onions
- 4 TBS flour
- 2 cups red wine
- 2 cups beef stock
- 2 garlic cloves
- Thyme and Bay leaves
- 6 oz bacon
- 6 oz mushrooms
- 16 oz bell onions
- Butter
- Salt and pepper

### Step

### What to do

### What you need (serves 6)

### Marguerite's tip

1

Peel and dice carrots and onions. Heat 2 TBS of olive oil in a cast iron cocotte (any skillet that you can cover and that goes in the oven will work), sear the meat. Add the onions and carrots. Wilt the veggies. Add the flour and mix well. Pour the wine and the stock. Add the smashed garlic and the thyme and bay leaves. Season with salt and pepper. Cook covered for 2 hours on medium low. Stir occasionally.

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«You can reduce the cooking time if you use a pressure cooker. This dish is even better reheated the next day.»

2

Cut the bacon and the mushrooms. Cook the mushroom in a little butter. Remove and replace by the bacon. Add the bell onions. When the onions brown a little add the mushrooms. Stir well and cook 5 minutes. Season with salt and pepper.

- 6 oz bacon
- 6 oz mushrooms
- 16 oz bell onions
- Butter
- Salt and pepper

3

After the meat is cooked: remove it from the cocotte, strain the sauce through a strainer and combine the sauce, the meat and the onion-bacon-mushrooms.

4

Serve with boiled potatoes or with fresh pasta.

