

BOEUF BOURGUIGNON

(adapted from Julia Child)

6 oz bacon
2 Tbsp olive oil
4 pounds beef chuck, cut into 2-inch cubes
Salt and freshly ground pepper
1 cup sliced onions
2 cups sliced carrots
1 bottle of red wine
2 cups beef broth
1 cup chopped tomatoes
1 *bouquet garni* (tie 8 parsley sprigs, 1 large bay leaf, a few sprigs of dried thyme and wrap in cheese cloth)
24 pearl onions
2 tablespoons butter, divided
1 teaspoon sugar
Chicken stock
1 pound cremini mushrooms, cut in large pieces

Blanch the bacon to remove its smoky taste by dropping the slices into 2 quarts of cold water, bringing to a boil, and simmering for 6 to 8 minutes. Drain, rinse in cold water, and dry on paper towels. In a large frying pan, sauté the blanched bacon to brown slightly in a little oil; set them aside. Brown the chunks of beef on all sides in the bacon fat and some olive oil, season with salt and pepper, and put them into a heavy casserole pan with a lid. Cut the bacon into 1-inch pieces and add to the pan.

Remove all but a little fat from the frying pan, add the sliced vegetables and brown them, then add back the meat. Deglaze the pan with the wine, pouring it into the casserole along with enough stock to almost cover the meat. Stir in the tomatoes and add the herb bouquet. Bring to a simmer, cover, and place in a 325°F oven, until the meat is tender, about 3 hours.

While the stew is cooking, prepare the onions. Blanch them in boiling water for 1 minute. Drain and rinse in cold water to stop the cooking. Peel the onions and score the root end with 1/4 inch cuts. Sauté onions in a single layer in a tablespoon of butter until lightly browned. Add chicken stock or water half way up the sides of the onions. Add a teaspoon of sugar, and season with salt and pepper. Cover and simmer slowly for 25 minutes or until tender. The onions should absorb most of the water. If there is water remaining after cooking, drain the excess. Set aside. A few minutes before serving the stew sauté the mushrooms in butter until browned and cooked through.

When the meat is tender, remove the *bouquet garni* from the cooking liquid, if necessary cook longer without the lid to reduce it further. Add the onions, mushrooms, and serve.