

THE FLEXITARIAN COOK

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Boeuf à la bourguignonne

Ingredients:

3 lbs rump roast, cut in 2" x 2" pieces	1 Tbsp tomato paste
3 to 4 cups full-bodied red wine (such as Pinot Noir)	2 to 3 cups beef broth
3 Tbsp cognac	2 cloves garlic, peeled and lightly crushed
1 Tbsp olive oil	1 oz bittersweet dark chocolate (at least 60% cacao)
1 bouquet garni (1 bay leaf + a few sprigs each parsley and thyme)	2 Tbsp butter
6 oz salt cured pork	1 lb mushrooms, quartered
1 large onion	30 or so pearl onions
1 large carrot	1/2 cup finely chopped parsley
2 Tbsp flour	sea salt and black pepper to taste

Place the first 5 ingredients in a large glass (no metal) bowl and cover with plastic wrap. Let marinate for 1.5 to 2 hours.

Cut the rind off the salt pork and cut in 2" long by 1/2" wide pieces.

Blanch them in boiling water for about 5 min. This will eliminate most of the salt. Dry them on paper towels and gently saute in a large Dutch oven until brown and slightly crisp. Slice onions and carrots and in the bacon fat that was rendered, gently cook them until lightly golden. Remove from pan.

Pre-heat oven to 325. Take the meat out of the marinade (save the marinade – this will be the base for your sauce). Dry the meat cubes thoroughly; if the meat is not dry, it will not brown properly. In the dutch oven, heat up a little bit of olive oil and brown the meat on all sides, proceeding in batches.

When all the meat has been browned, lightly season with salt and pepper, place back in pan and sprinkle with flour. Cook over medium heat until the flour begins to form a crust on the meat. Add marinade, garlic, broth, bacon and tomato paste. Mix well and bring to a slow boil.

Cover, and place in pre-heated oven. Adjust the temperature of the oven so that the stew gently bubbles – you do not want it to reach a rolling boil. Let it cook for 2.5 hours.

Prepare the pearl onions and mushrooms. Peel onions and quarter mushrooms. Fry them gently in butter until golden. Add a little bit of water and cover immediately. Let cook for 5 to 8 min. Uncover and let the water evaporate, another 5 min. Place aside.

Remove stew from oven. Remove bouquet garni. Add chocolate and mix well until melted. Add onions and mushrooms. Let cool for a few minutes. Place in serving bowl, top with parsley and serve, along with steamed potatoes or rice.

Serves 6.