

Boeuf Bourguignon

Recipe By *Eran Marom*



Cooking and Prep:  3 h

Serves:  6

No Allergens

Preference: Meat

Difficulty: Medium

Occasion: Passover

Diet: Gluten Free, Low Carb,
No Refined Sugar, Paleo

Source: KosherScoop.com

Cuisines: French

A French cuisine classic, this beef braise is named after the wine traditionally used in this recipe, which is produced in the Burgundy region. This dish tastes even better if prepared a day in advance and it freezes well.

Ingredients (13)

Mushrooms

- 2 small onions, peeled and cut in large dice
- 1/2 pound mushrooms, cleaned and halved
- 1 tablespoon **Gefen Olive Oil**

Boeuf Bourguignon

- 3 pounds stew meat, cut into 2-inch chunks
- 4 tablespoons Gefen Olive Oil
- 1/2 bottle Alfasi Cabernet Sauvignon or other dry red wine
- 1–2 cups beef stock or water
- salt
- pepper

Bouquet garni

- 1 sprig thyme
- a few parsley stems
- 1 bay leaf

Sommelier Suggests

- Château Moulin Riche
-

Start Cooking

Boeuf Bourguignon

1. For the garni: Tie all the herbs together with cotton twine. Set aside.
2. Use a large, heavy, lidded casserole dish that can be used both on the stovetop and in the oven. Heat the oil in the casserole on the stovetop, uncovered. Add the meat and brown it, placing enough pieces in the casserole to cover the bottom of the dish, without overcrowding. You may have to repeat this step for a second batch.
3. Lift the meat out of the casserole and pour off any fat. Add the wine and, with the heat turned high, scrape up any caramelized bits from the bottom of the pan. Let the wine reduce until syrupy.
- 4.

Preheat the oven to 350°F. Return the meat to the casserole and add enough liquid to almost cover it. Reduce the heat to a gentle simmer. If the sauce is too thin, you may want to let it simmer to reduce the liquid. Just be careful not to boil the meat for too long.

5. Add the bouquet garni and season with salt and pepper. Cover the casserole and place it in the oven for 2 hours.
6. Heat 1 tablespoon of olive oil in a pan and sauté the onions and mushrooms until lightly browned. Add them to the meat and serve.