

Beef Bourguignon

1 cup all-purpose flour	2 bay leaves
Kosher salt	2 cups beef stock
Freshly ground black pepper	1 cup good red wine (we use a good Cabernet)
2½ lbs. beef chuck, cut into 2" pieces (beef stew meat)	1½ tsp. Kosher salt
½ cup extra-virgin olive oil	½ tsp. freshly ground black pepper
1 medium yellow onion, diced	16 oz. mushrooms, sliced (we use Baby Bella)
2 large carrots, peeled and chopped	1 cup frozen pearl onions
2 tbs. bourbon	1 tbs. fresh lemon juice
2 cloves garlic, minced or pressed	Flat-leaf parsley, for garnish
½ cup flat-leaf parsley, chopped	
4 sprigs thyme	

Preheat oven to 300.

In a shallow dish, season flour with salt and pepper. Working in batches, dredge the stew meat in the seasoned flour until well coated. Heat the olive oil over medium-high heat in a large Dutch oven or oven proof dish until flour sizzles when you drop it in. Brown the beef on both sides in batches, being careful not to crowd the pan. Remove browned beef to a plate and save for later.

Once all the beef is browned and removed from the pan, add in the onion and carrot. Sauté until cooked through (about 8 minutes). Make a hole in the center of the vegetables and carefully pour in the bourbon. Stir and cook until the bourbon almost evaporates (about 1 minute).

Add in the garlic, parsley, thyme, bay leaves, beef stock, red wine, 1½ tsp. Kosher salt, and ½ tsp. freshly ground black pepper. Stir well to combine, cover, and put in the oven for 1 hour.

Remove stew from the oven and add in the sliced mushrooms, pearl onions, and lemon juice. Cover and cook an additional 1 hour.

Discard thyme sprigs and bay leaves. Taste and adjust seasonings as needed. Garnish with parsley and serve over egg noodles or riced, sautéed cauliflower or broccoli.



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