

Beef Bourguignon

1 cup all-purpose flour
Kosher salt
Freshly ground black pepper
2½ lbs. beef chuck, cut into 2" pieces (beef stew meat)
½ cup extra-virgin olive oil
1 medium yellow onion, diced
2 large carrots, peeled and chopped
2 tbs. bourbon
2 cloves garlic, minced or pressed
½ cup flat-leaf parsley, chopped
4 sprigs thyme

2 bay leaves
2 cups beef stock
1 cup good red wine (we use a good Cabernet)
1½ tsp. Kosher salt
½ tsp. freshly ground black pepper
16 oz. mushrooms, sliced (we use Baby Bella)
1 cup frozen pearl onions
1 tbs. fresh lemon juice
Flat-leaf parsley, for garnish

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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