



Chef K
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BEEF BOURGUIGNON

SERVES 6-8, AVERAGE FAT: 28G / SERVING , PTLF'S VERSION: 15G / SERVING

INGREDIENTS

3 LB CHUCK ROAST, FAT TRIMMED OFF AND MEAT CUBED
2 TBSP FLOUR
1 TSP SEASONED SALT
1 TSP GARLIC SALT
2 TBSP OLIVE OIL
3 CLOVES GARLIC, FINELY CHOPPED
1½ CUPS BURGUNDY OR MERLOT WINE
2-3 CUPS BEEF BROTH
2 BAY LEAVES
1 TBSP UNSALTED BUTTER
1 15OZ JAR PEARL ONIONS, DRAINED AND RINSED
1 LB BABY BELLA MUSHROOMS, QUARTERED
1 6OZ CAN TOMATO PASTE

DIRECTIONS:

1. PREHEAT OVEN TO 300 DEGREES. LIGHTLY COAT BEEF PIECES WITH FLOUR, SEASONED SALT AND GARLIC SALT, SET ASIDE. HEAT OLIVE OIL IN A LARGE HEAVY CASSEROLE DISH (2 QUART OR LARGER) OVER MEDIUM HIGH HEAT. SAUTÉ GARLIC FOR 20-25 SECONDS STIRRING CONSTANTLY, ADD BEEF PIECES. BROWN BEEF FOR 2 MINUTES, BROWNING ALL SIDES. REMOVE BEEF PIECES FROM CASSEROLE DISH AND SET ASIDE. ADD WINE TO CASSEROLE DISH SCRAPING SIDES TO DEGLAZE PAN.

2. CONTINUE TO COOK UNTIL LIQUID IS REDUCED BY HALF. ADD BEEF BROTH AND 2 BAY LEAVES. RETURN BEEF TO CASSEROLE DISH, COVER AND PLACE IN PRE-HEATED OVEN. COOK FOR 2½ TO 3 HOURS. MEANWHILE IN A MEDIUM SKILLET, SAUTÉ PEARL ONIONS IN 1 TEASPOON BUTTER UNTIL SLIGHTLY GOLDEN. REMOVE PEARL ONIONS FROM SKILLET AND SET ASIDE. IN SAME SKILLET SAUTÉ MUSHROOMS IN 2 TEASPOONS BUTTER.

3. AFTER BEEF HAS COOKED FOR 2 HOURS, ADD ONIONS, MUSHROOMS AND TOMATO PASTE. COVER AGAIN, PLACE BEEF MIXTURE BACK IN OVEN FOR 25-30 MINUTES. REMOVE FROM OVEN. REMOVE THE 2 BAY LEAVES. SERVE.