



Recipe Name: Beef Bourguignon Carol's

Serves: 8

Ingredients:

2-3 pounds beef chuck roast (and/or boneless shortribs)

Kosher salt

Freshly ground pepper

3-4 tbsp. olive oil

¼ pound bacon, diced

2 garlic cloves, minced

1 ½ cups dry red wine

2-3 cups beef stock (gluten free)

1 tsp. gluten free soy sauce (up to 1 tbsp.)

1 tbsp. tomato paste

1 sprig fresh thyme

2 bay leaves

½ pound frozen pearl onions

8 to 10 carrots, cut diagonally into 1-inch slices

2 celery stalks, sliced

3 tbsp. Earth Balance margarine or butter

2 tbsp. Jules gluten free (gf) flour (or regular flour)

½ pounds mushrooms, sliced (domestic or wild)

Handful of fresh green beans

Steps to follow:

With a sharp knife, cut beef chuck roast in half or thirds, crosswise. Then, cut beef into 1-inch beef stew meat. Saute beef, in batches, in olive oil until browned on top and bottom. Do not crowd the dutch oven. Remove beef to a plate, and continue browning meat. Brown bacon in the pot, along with a tbsp. olive oil, if needed. Remove to the plate. Add garlic to pot and sauté for 30 seconds. Deglaze pot with red wine, scraping the bottom to dissolve the "brown bits." Add beef stock, soy sauce, tomato paste, thyme, up to 1 tsp. salt and ½ tsp. pepper. Return meats, carrots, celery, bay leaves and pearl onions to the pot. Bring the stew to a simmer on the stove. Put the dutch oven, with the lid ajar about ¼ -1/2 inch, into a 275 degree oven. Bake in slow oven for 1 ½ hours.

Combine margarine and gf flour in a small bowl. Add mixture to the stew in the dutch oven, stirring to combine. Bring back to simmer. Meanwhile sauté mushrooms in olive oil until browned. Add to stew along with green beans. Return stew to 275 degree oven and bake for another 1 ½ hours. Season to taste. Serve over roasted red potatoes or gluten free noodles. Also serve with crusty bread (gluten free).

Time: 4 hours Oven Temperature: 275 degrees

Member: Carol Sommer

Notes: This recipe combines ideas and techniques from Julia Child, Ina Garten and Kenji Lopez-Alt. The meat is not dry!