

BEEF BOURGUIGNON and SAUCE (My simpler and easier Version).

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Preparation Time ; 2 hours. Cooking Time; 3 ½ hours.

This Recipe will yield about 8 to 10 adult portions.

PREPARATION # 1 – BOILED TOMATOES

- 5 Medium Vine Tomatoes cut in small pieces as small as possible.
- 1 Table Spoon of Olive Oil.
- ½ Tea Spoon of Salt.
- ½ Tea Spoon of Beef Bovril.

Pre cook the Tomatoes with all above spices and Oil. Dice the Tomatoes as small as possible and boil at medium heat for 20 Minutes and stir occasionally. Once the time elapsed remove from the stove top and put aside. This will be included later on in the Sauce.

PREPARATION # 2 – THE VEGGIES

- 3 Celery branches cut in small pieces.
- 16oz or 453 g of Baby Carrots.
- 6 Medium Potatoes peeled and cut in 1 ½ to 2 inches piece.
- 15 Medium White Mushrooms cut in pieces, but not too small.

Cut all above veggies and dip in cold water until ready to strain and incorporate in the sauce later on in the Recipe.

COOKING THE MEAT (Use any cut but boneless).

Use a large Glass Pyrex pan of 11 by 15 inches.

- 1.5 to 2 Kg of Roast Beef (I suggest a Cross Rib Roast)
Cut in cubes of 1 ½ to 2 inch square. (Bite size, they will reduce in size when cooked)
- 2 Table Spoon of Beef Bovril.
- ½ Tea Spoon of Salt.
- ½ Tea Spoon of Ground Black Pepper.

Brown the cut Beef in 3 Table Spoon of Olive Oil in a large pan and once the meat is browned transfer the meat as you cook it in the Pyrex Glassware previously fill with ¼ inch of water in the bottom of the pan. Do not cook too much meat at the same time and if necessary add more Olive Oil. Once all the meet is all cooked transfer also all remaining juice in the Pyrex along with the Meat. Spread over all the surface of the meat 2 Table Spoon of Beef Bovril, and then sprinkle with the salt and pepper. Cover the Cookware with as hermetically as possible with an Aluminum Foil. Pre heat the Oven at **350 degree F. and cook for one hour**. While the meat will cook make the sauce below.

PREPARATION # 3 - MIX OF FLOUR AND WATER

To be prepared in advance. (It will be used later to help thicken the sauce)

- ½ Cup of White Flour.
 - 1 Cup of Water. Mix well in a small bowl and put aside for now.
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INGREDIENTS AND PROCEDURE FOR THE SAUCE

- 2 Table Spoon of Olive Oil.
- ½ Cup of Butter or (1/2 Cup of Margarine).
- 1 Medium Yellow Onion cut in small pieces.
- 1 Whole Garlic bulb cut in small pieces.
- 2 Table Spoon of Flour.
- 4 Cups of cold Water.
- 2 Cups of Red Table Wine.

Brown the Onions and the Garlic with the Oil and the Butter at high heat until well browned then add two Table Spoons of Flour. Once it starts to thicken add the 4 Cups of Water and the 2 Cups of Red Table Wine. Bring to a boil and let simmer at low heat for **10 minutes** while stirring then add the rest of the spices below.

- ¾ Tea Spoon of Salt.
- ½ Tea Spoon of Sage.
- ½ Tea Spoon of Ground Thyme.
- 2 Table Spoon of Beef Bovril.
- 1 Table Spoon of Chicken Base Powder.

Bring to a boil and mix well on medium heat then add **PREPARATION # 3-** (Mix of Flour and Water) in the sauce. Mix well the water and Flour before you add it to the sauce. **Pour the mix very slowly** in the sauce while stirring the sauce briskly to help thicken the sauce. Let the sauce boil gently for another **10 minutes**. When the Sauce is ready Strain it through a fine strainer to remove all Onions and Garlic and to have a clear sauce.

Put the sauce back in the cooking Pot and now you can add preparation # 1 (The Boiled Tomatoes) and gently boil the sauce at low heat for another 15 minutes with the cover on then incorporate the meat and all the juice from cooking the meat. Cook for one hour at low heat with the cover on and stir occasionally.

After the Meat has boiled for one hour, rinse and strain the Veggies and incorporate them in the pot with the Meat. Bring to a boil and cook at low heat to a gentle boil **with the cover on** until the potatoes are almost ready. Normally this takes about 15 to 20 minutes. At this stage every thing is well cooked and only the Potatoes will tell you when it is ready to serve.

I stop the cooking when the potatoes just start to be easy to pierce with a fork. You don't want to over cook them since they will continue to cook for a while in the hot sauce and if you want to reheat to consume the Beef later they would be over cooked.

For me if I want to freeze the Beef Bourguignon I do not freeze the potatoes and carrots, but only the meat and the sauce. When I want to make a beef bourguignon, I just cook again some Potatoes and carrots to go along with the meat and the sauce. This Recipe like many of my recipes will be much better if reheated and consumed the next day since that the meat will have more time to absorb all the spices and will be also much tender.

So if you are expecting friends over the next day cook it the day before and it will be ready to eat and all you will have to do is reheat it and spend more time with your friends. When I want to stop everything from cooking I fill the Kitchen sink halfway with cold water and I dip the cooking pot in the cold water and stir every thing so this way everything cools down much faster and stops cooking. When cold enough I stir and pour the Beef in containers for the freezer, and I keep some for the next day, of course.

BON APPÉTIT