

BOEUF BOURGUIGNON

3 THICK SLICES OF BACON
4 LBS OF BEEF CHUCK CUT IN 2" PIECES
1 LARGE RED ONION
2 LARGE CARROTS
6 CLOVES OF GARLIC
TOMATO PASTE
BOUQUET GARNIE (PARSLEY STEMS, BAY LEAF, THYME)
3 CUPS OF RED WINE
6-8 CUPS OF BEEF BROTH
24 PEARL ONIONS
18 SMALL CARROTS
FRESH PARSLEY

PREHEAT OVEN TO 325°

CUT THE BACON INTO ½ INCH PIECES.

HEAT 2 TBSPS OF VEGETABLE OIL IN A LARGE CASSEROLE. ADD THE BACON AND COOK ON A MEDIUM FLAME UNTIL LIGHTLY BROWNEED. REMOVE WITH A SLOTTED SPOON.

DRY THE BEEF STEW WITH PAPER TOWELS. SALT AND PEPPER. RAISE HEAT IN THE CASSEROLE AND BROWN THE MEAT ON ALL SIDES. REMOVE TO A PLATE. POUR OFF MOST OF THE FAT.

MEANWHILE, PEEL AND DICE THE ONIONS AND THE CARROTS. PEEL AND FINELY CHOP THE GARLIC.

MELT 3 TBSPS OF BUTTER IN THE CASSEROLE. ADD THE CARROTS AND THE ONIONS, COVER AND TURN THE HEAT TO LOW. COOK FOR A FEW MINUTES OR UNTIL THE ONIONS AND CARROTS ARE SOFT. ADD THE CHOPPED GARLIC AND COOK ANOTHER MINUTE.

STIR IN 2 TBSPS OF TOMATO PASTE AND THE BOUQUET GARNIE. PUT THE BACON AND THE MEAT BACK IN THE CASSEROLE. POUR IN 3 CUPS OF RED WINE. BRING TO A BOIL FOR 2 MINUTES TO LET THE ALCOHOL COOK OFF.

POUR IN ENOUGH BEEF BROTH TO COVER THE STEW. PUT THE COVER ON THE CASSEROLE AND PLACE IN THE OVEN.

COOK FOR ONE HOUR OR UNTIL THE MEAT IS TENDER. ALLOW TO COOL AND REFRIGERATE OVERNIGHT.

THE FOLLOWING DAY, REMOVE THE FAT WHICH HAS CONGEALED ON THE SURFACE OF THE STEW.

BRING A LARGE SAUCE PAN OF WATER TO A BOIL. MEANWHILE, USING A VERY SHARP KNIFE, TRIM A SMALL SLICE OFF BOTH ENDS OF THE ONIONS. DUMP THEM IN THE POT AND BOIL FOR ABOUT A MINUTE.

FILL THE SINK WITH COLD WATER. DRAIN ONIONS AND DUMP INTO THE COLD WATER. WHEN THE ONIONS HAVE COOLED, PEEL OFF THE OUTER SKIN.

PEEL AND TRIM THE CARROTS.

HEAT THE STEW ON TOP OF THE STOVE. ADD THE CARROTS AND COOK FOR TEN MINUTES OR TILL NEARLY TENDER. ADD THE ONIONS AND COOK ANOTHER 5-8 MINUTES.

ROUGHLY CHOP SOME FRESH PARSLEY AND SCATTER ON TOP OF THE STEW.

SERVE WITH FRENCH BREAD.

SERVES 8