



## Beef Bourguignon

READY IN



195 min.

SERVINGS



10

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 1 teaspoon pepper black as needed freshly ground plus more
- 4 pound beef chuck boneless
- 0.3 cup brandy
- 750 milliliter wine dry red such as burgundy
- 0.5 cup flour all-purpose
- 4 medium garlic clove finely chopped
- 1 teaspoon granulated sugar
- 1 tablespoon kosher salt as needed plus more

- 2 cups beef broth low-sodium
- 2 tablespoons parsley fresh italian finely chopped
- 14 ounce pearl onions frozen thawed
- 1 sprig rosemary (5-inch)
- 6 ounces bacon thick-cut
- 8 thyme sprigs
- 2 tablespoons tomato paste
- 2 tablespoons butter unsalted ()
- 10 servings vegetable oil as needed
- 1 pound mushrooms white ()

## Equipment

- bowl
- knife
- whisk
- pot
- slotted spoon
- dutch oven
- cheesecloth
- kitchen twine

## Directions

- Place the thyme, bay leaves, and rosemary in a small piece of cheesecloth and tie it tightly with butchers twine; set aside.<sup>2</sup>
- Place the bacon in a large, heavy-bottomed pot or Dutch oven over medium heat and cook, stirring occasionally, until crispy, about 15 minutes.<sup>3</sup>Meanwhile, place the flour and measured salt and pepper in a large bowl and whisk to combine; set aside. Trim the roast of excess fat and sinew and cut it into 1-1/2-inch cubes.
- Place the meat in the flour mixture and toss to evenly coat; set aside.<sup>4</sup>When the bacon is ready, remove it with a slotted spoon to a small paper-towel-lined plate and set it

aside.5 Shake off the excess flour from about a third of the beef and add it to the pot. Cook, stirring rarely, until browned all over, about 4 to 5 minutes.

Remove to a large plate or bowl. Repeat with the remaining meat in 2 more batches, adding oil as needed if the pot seems dry; set the browned meat and the bowl with the excess flour mixture aside.6

Add the Cognac or brandy to the pot, scrape up any browned bits from the bottom, and cook until the liquor has evaporated, about 1 minute.7 Return the meat and any accumulated juices in the bowl to the pot.

Add the tomato paste and excess flour mixture from the bowl and stir until the meat is evenly coated.8 Increase the heat to high and add the wine, broth or stock, herb bundle, and sugar. Stir to combine and bring to a boil. Reduce the heat to low and simmer uncovered, stirring occasionally, for 1 hour. Meanwhile, clean the mushrooms and trim the stems; set aside.9

Add the mushrooms, onions, and garlic and stir to combine. Simmer uncovered, stirring occasionally, until the meat is knife-tender, about 1 hour more.10

Remove and discard the herb bundle.

Add the butter and stir until melted. Taste and season with salt and pepper as needed.

Sprinkle with the parsley and reserved bacon and serve.

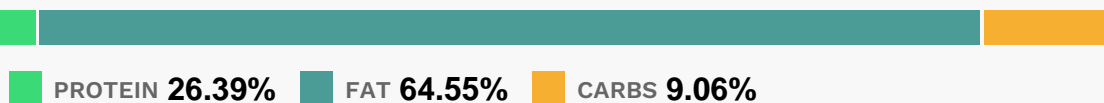
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## Nutrition Facts



## Properties

Glycemic Index:47.31, Glycemic Load:5.27, Inflammation Score:-8, Nutrition Score:27.793478105379%

## Flavonoids

Petunidin: 2.53mg, Petunidin: 2.53mg, Petunidin: 2.53mg, Petunidin: 2.53mg Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg Malvidin: 19.96mg, Malvidin: 19.96mg, Malvidin: 19.96mg, Malvidin: 19.96mg Peonidin: 1.41mg, Peonidin: 1.41mg, Peonidin: 1.41mg, Peonidin: 1.41mg Catechin: 5.86mg, Catechin: 5.86mg, Catechin: 5.86mg, Catechin: 5.86mg Epicatechin: 8.11mg, Epicatechin: 8.11mg, Epicatechin: 8.11mg, Epicatechin:

8.11mg Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

## **Nutrients (% of daily need)**

Calories: 677.61kcal (33.88%), Fat: 44.16g (67.94%), Saturated Fat: 15.05g (94.03%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 12.3g (4.47%), Sugar: 3.41g (3.79%), Cholesterol: 142.44mg (47.48%), Sodium: 1075.62mg (46.77%), Alcohol: 9.99g (100%), Alcohol %: 2.85% (100%), Protein: 40.61g (81.23%), Zinc: 14.26mg (95.06%), Vitamin B12: 5.06µg (84.35%), Selenium: 47.71µg (68.16%), Vitamin B3: 10.72mg (53.59%), Vitamin B6: 0.86mg (43.21%), Phosphorus: 431.74mg (43.17%), Vitamin K: 42.67µg (40.64%), Vitamin B2: 0.51mg (30.2%), Potassium: 991.29mg (28.32%), Iron: 4.79mg (26.62%), Vitamin B5: 1.99mg (19.88%), Vitamin B1: 0.28mg (18.46%), Copper: 0.31mg (15.63%), Magnesium: 49.73mg (12.43%), Vitamin E: 1.79mg (11.94%), Manganese: 0.21mg (10.51%), Vitamin C: 7.32mg (8.88%), Folate: 34.31µg (8.58%), Fiber: 1.65g (6.61%), Calcium: 53.08mg (5.31%), Vitamin A: 257.6IU (5.15%), Vitamin D: 0.38µg (2.55%)