



Boeuf En Daube - Classic French Beef Burgundy Stew (Bourguignon)

 Gluten Free  Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



898 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces crimini mushrooms fresh halved (can use button mushrooms)
- 1 large bay leaves
- 3.5 lbs beef boneless lean cubed trimmed
- 2 cups beef consomme
- 2 medium carrots peeled sliced
- 2 stalks celery sliced
- 4 tablespoons cognac

- 0.5 teaspoon sage dried crushed
- 1 teaspoon thyme dried crushed
- 3 tablespoons parsley fresh chopped
- 4 garlic clove peeled chopped
- 0.3 teaspoon pepper fresh black
- 6 servings pepper fresh
- 6 servings kosher salt
- 1 teaspoon orange zest dried finely chopped
- 12 ounces pearl onions white peeled
- 10 pimiento stuffed olives whole green
- 1 pinch sugar
- 1 cup tomatoes diced
- 2 tablespoons tomato paste
- 3 ounces canadian bacon diced fine (regular bacon or lardons is)
- 750 ml cooking wine

Equipment

- bowl
- frying pan
- paper towels
- oven
- pot
- slotted spoon
- dutch oven

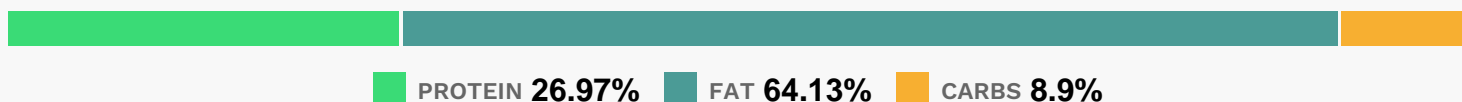
Directions

- In a large non-reactive bowl, combine beef, Cognac, cloves, garlic, onions, carrots, celery, bay leaf, sage, thyme, parsley, 1/4 teaspoon coarsely ground black pepper, orange peel, wine, and mushrooms. Cover and refrigerate overnight or for up to 2 days, stirring from time to

time. Bring the meat and vegetables to room temperature.

- Drain, reserving the marinade. Blot the beef and veggies dry with paper towels. Preheat oven to 325F/175C. In a large heavy oven proof dish (such as a cast iron dutch oven or Le Creuset), fry the bacon over medium heat until it renders its fat, about 3–5 minutes. Using a slotted spoon, remove the bacon to paper towels and reserve. Working in batches so as not to overcrowd the pan, add the meat and vegetables to the fat in the pan, and brown them on all sides over medium heat, seasoning with salt and pepper as they brown, about 7 minutes per batch.
- Transfer to a platter.
- Add the marinade to the pot, and bring to a boil over high heat. Reduce to medium heat and simmer until the liquid is reduced by one-third, about 8 minutes. Skim off the foam from the surface.
- Add the stock or consomme, and simmer another 8 minutes, until reduced again by one-third. Stir in the pinch of sugar and the tomato paste, (and add the diced tomatoes and green olives now, if using). Return the meat, vegetables and reserved bacon to the pot. Cover and bake in the oven until the meat is tender, 2 1/2–3 hours. –OR– alternately, at this stage you can cook in the crock-pot on LOW heat 8 to 10 hours, or on HIGH heat 4 to 6 hours.
- Serve with a rustic bread for mopping the juices, along with a green salad and a platter of cheeses. Freezes and reheats beautifully. Leftovers will make a lovely Cottage-Shepherd's Pie a la Provencale, see my recipe #355446.

Nutrition Facts



Properties

Glycemic Index: 69.15, Glycemic Load: 3.34, Inflammation Score: -10, Nutrition Score: 39.938260575999%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 4.69mg, Apigenin: 4.69mg, Apigenin: 4.69mg, Apigenin: 4.69mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg

Nutrients (% of daily need)

Calories: 897.8kcal (44.89%), Fat: 55.41g (85.25%), Saturated Fat: 20.91g (130.68%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 14.22g (5.17%), Sugar: 7.07g (7.86%), Cholesterol: 194.95mg (64.98%), Sodium: 982.6mg (42.72%), Alcohol: 16.53g (100%), Alcohol %: 3.06% (100%), Protein: 52.43g (104.85%), Vitamin B12: 5.87µg (97.83%), Selenium: 59.8µg (85.42%), Zinc: 12.35mg (82.33%), Vitamin A: 3951.2IU (79.02%), Vitamin B3: 15.75mg (78.74%), Vitamin B6: 1.22mg (60.87%), Phosphorus: 599.06mg (59.91%), Vitamin K: 50.38µg (47.98%), Vitamin B2: 0.79mg (46.69%), Potassium: 1508.18mg (43.09%), Iron: 6.93mg (38.48%), Copper: 0.55mg (27.69%), Manganese: 0.51mg (25.64%), Vitamin B5: 2.53mg (25.29%), Vitamin B1: 0.35mg (23.06%), Magnesium: 85.64mg (21.41%), Vitamin C: 14.21mg (17.22%), Folate: 63.87µg (15.97%), Vitamin E: 1.95mg (13.01%), Fiber: 3.08g (12.33%), Calcium: 118.14mg (11.81%), Vitamin D: 0.72µg (4.79%)