

food
network

Fillet of Beef Bourguignonne

READY IN



78 min.

SERVINGS



8

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon diced
- ☐ 2 cups beef stock
- ☐ 8 carrots 1-inch-thick
- ☐ 1.5 cups cooking wine dry red such as burgundy or chianti good
- ☐ 3 pound filet of beef trimmed
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 sprig thyme leaves fresh
- ☐ 2 garlic cloves minced

- ☐ 8 servings kosher salt and pepper black freshly ground for seasoning plus 1 teaspoon salt and 1/2 teaspoon pepper
- ☐ 0.5 pound mushrooms wild sliced domestic or
- ☐ 3 tablespoons olive oil good
- ☐ 0.5 pound pearl onions peeled
- ☐ 1 tablespoon tomato paste
- ☐ 3 tablespoons butter unsalted at room temperature

Equipment

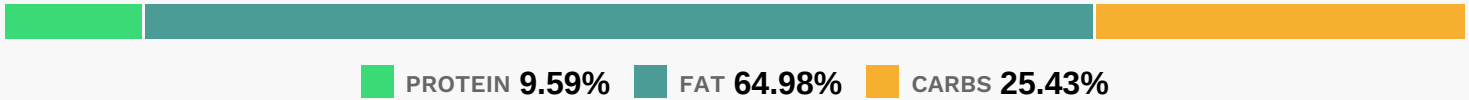
- ☐ frying pan
- ☐ knife
- ☐ whisk

Directions

- ☐ With a sharp knife, cut the fillet crosswise into 1-inch-thick slices. Salt and pepper the fillets on both sides. In a large, heavy-bottomed pan on medium-high heat, saute the slices of beef in batches with 2 to 3 tablespoons oil until browned on the outside and very rare inside, about 2 to 3 minutes on each side.
- ☐ Remove the fillets from the pan and set aside on a platter.
- ☐ In the same pan, saute the bacon on medium-low heat for 5 minutes, until browned and crisp.
- ☐ Remove the bacon and set it aside.
- ☐ Drain all the fat, except 2 tablespoons, from the pan.
- ☐ Add the garlic and cook for 30 seconds.
- ☐ Deglaze the pan with the red wine and cook on high heat for 1 minute, scraping the bottom of the pan.
- ☐ Add the beef stock, tomato paste, thyme, 1 teaspoon salt, and 1/2 teaspoon pepper. Bring to a boil and cook uncovered on medium-high heat for 10 minutes. Strain the sauce and return it to the pan.
- ☐ Add the onions and carrots and simmer uncovered for 20 to 30 minutes, until the sauce is reduced and the vegetables are cooked.

- ☐
- With a fork mash 2 tablespoons butter and the flour into a paste and whisk it gently into the sauce. Simmer for 2 minutes to thicken.
- ☐
- Meanwhile, saute the mushrooms separately in 1 tablespoon butter and 1 tablespoon oil for about 10 minutes, until browned and tender.
- ☐
- Add the fillet of beef slices, the mushrooms, and the bacon to the pan with the vegetables and sauce. Cover and reheat gently for 5 to 10 minutes. Do not over cook. Season, to taste, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.6, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:12.11130436607%

Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 240.86kcal (12.04%), Fat: 15.5g (23.84%), Saturated Fat: 5.38g (33.63%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 10.98g (3.99%), Sugar: 5.24g (5.82%), Cholesterol: 20.64mg (6.88%), Sodium: 273.96mg (11.91%), Alcohol: 4.72g (100%), Alcohol %: 1.42% (100%), Protein: 5.15g (10.29%), Vitamin A: 10364.72IU (207.29%), Vitamin B3: 2.93mg (14.66%), Potassium: 494.5mg (14.13%), Vitamin B2: 0.24mg (14.05%), Vitamin B6: 0.23mg (11.69%), Vitamin K: 12.16µg (11.58%), Fiber: 2.66g (10.66%), Selenium: 7.31µg (10.45%), Vitamin B1: 0.15mg (10.2%), Phosphorus: 99.35mg (9.93%), Vitamin E: 1.44mg (9.63%), Manganese: 0.19mg (9.26%), Copper: 0.18mg (8.99%), Vitamin C: 7.16mg (8.68%), Vitamin B5: 0.73mg (7.28%), Folate: 26.92µg (6.73%), Magnesium: 20.52mg (5.13%), Iron: 0.83mg (4.59%), Zinc: 0.65mg (4.36%), Calcium: 37.63mg (3.76%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.19µg (1.28%)