

Alliance Française d'Omaha event on April 22, 12017
George Dinsdale Cordon Bleu Concours de Cuisine

1st place Winner in the Main Dish Competition:
Phyllis Marchitelli

Boeuf Bourguignon

**This recipe is Phyllis' own version of two different recipes she used as a guide:
Barefoot in Paris (Ina Garten) and Julia and Jacques Cooking at Home**

INGREDIENTS

1 tbsp good olive oil
8 ounces good bacon, diced (I used applewood smoked)
2 ½ lbs chuck cut into one inch cubes (Whole Foods has stew beef cut into the proper size)
Kosher Salt
Freshly ground black pepper
1 pound carrots, sliced diagonally into 1 inch chunks
2 onions, sliced
2 tsp chopped garlic
½ cup cognac
1 bottle good dry red wine (I used Pinot Noir)
2 -2 ½ cups beef stock (I used Kitchen Basics unsalted stock)
1 tablespoon tomato paste
1 tsp fresh thyme leaves
1 lb mushrooms, stems trimmed & caps left whole
1 lb frozen pearl white onions, thawed
2 -3 tbsp unsalted butter
Italian parsley, chopped at the last minute for garnish

DIRECTIONS

Preheat the oven to 250 degrees

Heat the olive oil in a large Dutch oven, such as Le Creuset (if you don't have one, you can do what I did and fix the ingredients in a skillet and put them in an oven safe pasta pot with a cover to cook). Add the bacon and cook over medium heat for 8 – 10 minutes, stirring occasionally, until the bacon is lightly brown. Remove with a slotted spoon to a plate or place in pot.

Dry the beef cubes with paper towels and sprinkle them with salt & pepper. In batches, in single layers, sear the beef for 3 -5 minutes, turning to brown on all sides. Remove and add to the bacon.

Toss the carrots, onions, 1 tbsp salt and 2 tsp of the pepper into the fat in the pan and cook over medium heat for 10 -12 minutes, stirring occasionally, until the onions are lightly browned. Add the garlic and cook for one more minute. Add the cognac, stand back (use a fireplace match) and ignite with the match to burn off the alcohol. Put together with the meat and bacon in the pot.

Add the wine plus enough beef broth to almost cover the meat. Add the tomato paste and thyme. Bring to a boil, cover the pot with a tight fitting lid and place in the oven for about 1 ¼ hours, or until the meat and vegetables are very tender and place on the top of the stove.

While the pot is in the oven, brown the mushroom caps and onions in about 2 – 3 tbsp of butter until browned. Stir the mushrooms and onions into the pot. Bring to a boil, then lower the heat and simmer uncovered for 15 minutes.

Season to taste and garnish with fresh chopped parsley. Serve with slices of fresh baguette and butter.