



## wooden spoon recipes

### Boeuf Bourgignon

"Carnal embrace is the practice of throwing one's arms around a side of beef."

— Tom Stoppard, *Arcadia*

#### Ingredients

- 2 1/4 pounds boneless chuck roast cut into 1-inch pieces
- 4 1/4 teaspoons kosher salt plus additional to taste
- 2 teaspoons ground black pepper plus additional to taste
- 4 oz pancetta diced
- 32 ounces baby bella mushrooms sliced
- 2 tablespoons unsalted butter at room temperature
- 1 bottle dry red wine (750 ml) such as Pinot Noir, divided
- 4 shallots, roughly chopped
- 2 pounds carrots scrubbed, cut diagonally into 3/4-inch slices
- 2 yellow onions thinly sliced
- 3 cloves minced garlic about 1 tablespoon
- 1 tablespoon tomato paste
- 3 tablespoons of Dijon mustard
- 1 can reduced-sodium beef broth (15-ounces) divided
- 6 sprigs fresh thyme tied into a bundle
- 2 tablespoons all-purpose flour
- 10 to 12 ounces frozen pearl onions no need to thaw
- Chopped fresh parsley for serving
- Toasted baguette slices for serving
- A wooden spoon



Credit: Adapted from the blog Well plated by Erin

Preheat the oven to 250 degrees F. Make sure to position the racks so that you can fit a large Dutch oven inside with its lid on.

With paper towels, pat the beef dry. Season with 2 teaspoons salt and 1 teaspoon black pepper.

Heat a large Dutch oven over medium heat. Add the pancetta and cook, stirring occasionally, until the pancetta is browned and beginning to turn crisp and the fat has rendered, about 10 minutes. With a slotted spoon, remove the pancetta to a large plate.

Add the mushrooms and 1 tablespoon butter to the pot. Stir to combine. Sauté over medium low until the mushrooms are nicely browned and have given up their liquid, about 8 minutes. Add 1/4 teaspoon salt and stir coat. Let cook 30 additional seconds. Transfer to a separate plate or bowl that is separate from the pancetta.

Increase the Dutch oven to medium-high heat. Add a single layer of beef cubes (be careful the cubes do not touch—you'll need to work in batches) and sear until the beef is nicely browned on all sides, about 3 to 5 minutes (you do not need to cook it all the way through). Remove to the plate with the pancetta. Repeat with remaining beef (take your time here and don't overcrowd the pan. It's worth it!).

Carefully pour in about 1/4 of the bottle of wine. With a wooden spoon, stir to scrape up any browned bits from the bottom of the pot (the dark stuff on the bottom is flavor!).

Reduce the heat to medium and add the shallots and cook until tender. Add the onions and carrots and cook until lightly browned, about ten minutes. Add the garlic and tomato paste, the remaining 2 teaspoons of salt and 1 teaspoon pepper and sauté for about 1 minute.

Cut carrots and onions in the Dutch oven.

Return the beef and pancetta to the pot, along with any juices that have collected on the plate. Add the mustard and coat the everything well. Add the remaining wine and broth.

Add the thyme. Increase the heat to bring the liquid to a simmer. Cover, then carefully transfer the pot to the oven. Bake the boeuf bourgignon for 1 hour and 15 minutes. The meat and vegetables should feel fork-tender.

Place the pot back on the stove. In a small bowl, mash the butter and flour together with a fork. Stir it into the stew.

Stir in the pearl onions and reserved mushrooms. Bring the stew to a boil, then lower the heat and let simmer for 15 minutes. Remove the herb bundle. Taste and adjust salt and pepper as desired. Sprinkle with fresh parsley. Serve hot with toasted baguette slices for soaking up the broth.