

ANOTHER *BOEUF BOURGUIGNON* RECIPE FROM JULIA CHILD

From *From Julia's Child's Kitchen*

Courtesy of www.the-cooks-corner-blog.com

BOEUF BOURGUIGNON

Brown beef stew in red wine

For 6 to 8 people

The ingredients listed for the Plain Brown

*Beef Stew [below], including the pork and the red wine
but omitting (if you wish) the sliced carrot and onions*

Plus: 18 to 24 (or more) small white onions about

1 inch in diameter; ½ lb. (more or less) fresh mushrooms

Cooking the beef. Brown and simmer the beef exactly as described in the master recipe, but save out the browned pork bits. While beef is simmering prepare the onions and mushrooms as follows:

The onions. To peel them easily, drop onions into a saucepan of boiling water, bring rapidly back to the boil, and boil 1 minute; drain, and run cold water over the onions. Shave off 2 ends of each onion, slip off the skins, and pierce a cross 3/8-inch deep in root ends to prevent them from bursting during cooking. Place in a heavy saucepan, add ½ inch of water, a pinch of salt, and the browned pork *lardons*. Cover and simmer slowly, tossing occasionally, for about 30 minutes, or until onions are just tender when pierced with a knife. Set aside.

The mushrooms. Trim off dry or sandy stem ends, wash the mushrooms thoroughly but rapidly, and dry in a towel. Leave whole if ¾ inch across or less; halve or quarter lengthwise if larger. Film a frying pan with 1/16 inch oil, heat to very hot but not smoking, and add enough mushrooms to cover bottom of pan; toss (shake pan by handle) over high heat for 2 to 3 minutes until mushrooms are lightly browned. Add them to the cooked onions, and proceed with the rest of the mushrooms (if any) in the same manner.

Finishing the stew. After you have made the sauce as directed in the master recipe, arrange the onions, mushrooms and *lardons* over the beef and simmer 5 to 6 minutes, basting meat and vegetables with the sauce to blend flavors. Stew is now ready to serve, or may be set aside and reheated.



PLAIN BROWN BEEF STEW: THE MASTER RECIPE

For 6 to 8 people

Simmering time: 2 to 4 hours depending on quality of meat

Optional, but recommended for flavor:

*a 5- to 6-ounce chunk o fat-and-lean fresh side pork,
or pork shoulder blade; or salt pork, or bacon chunk*

Olive oil or peanut oil

3 to 4 lbs. beef stew meat cut into either

2-inch squares or 3- by 1 ½-inch pieces

If you are making a plain stew with no trimmings:

1 sliced carrot and 2 cups sliced onions

Optional: 3 cups strong young red wine, such as

*Mâcon, Mountain Red, Gamay or dry white wine,
or 2 cups white French Vermouth*

*(Gina's note: tastes and wine availability
have changed tremendously since the '70s, so
don't worry about following these suggestions.)*

2 or more cups excellent homemade beef stock;

*or canned beef bouillon plus any available beef bones
and scraps*

1 imported bay leaf

1 tsp thyme

A 2-inch piece of dried orange peel; or

1/3 tsp bottled dried peel

1 moderately large tomato, and

1 TB tomato paste

2 or more cloves garlic

Salt as needed, and pepper

Beurre manié for the final sauce: 3 TB flour

blended with 2 ½ TB soft butter

Equipment: A large, heavy frying pan for browning

*the meat; a heavy 4- to 5-quart casserole with cover
for stewing, or an electric frying pan*

Browning the beef. Cut the optional pork into *lardons* (sticks ¼ inch across and 1 to 1 ½ inches long), and if you are using salt pork or bacon blanch it (simmer 10 minutes in 2 quarts water to remove salt and/or smoky taste); sauté slowly in a tablespoon of oil in the frying pan for 5 minutes or until lightly browned, then remove the *lardons* and set aside. Heat the fat they have rendered, or enough oil to film pan by 1/16 inch, to very hot but not smoking. Meanwhile dry beef with paper towels, and add as many pieces to pan as will fit in 1 layer easily without crowding (they must have room or they will steam rather than brown). Brown nicely on all sides regulating heat so fat is always very hot but not smoking. Add more oil if

needed, and when one piece of meat is browned, transfer it to casserole and add another piece of beef until all are browned. Stir in the optional carrots and onions, and brown briefly, then transfer with a slotted spoon to casserole. Pour browning fat out of frying pan and discard; pour a cup of wine or stock into pan, bring to simmer, scraping up coagulated browning juices, and pour this liquid over the beef.

** Recipe may be completed a day or two in advance to this point; or you may add the wine to it now, as well as the stock and seasonings from the next step; then set it aside, or cover and refrigerate. The wine tenderizes the meat, and the other ingredients will also flavor it as it marinates.

Stewing the beef. Set casserole over heat; add the optional wine, and enough stock (or bouillon and bones and scraps [Gina's note: I think that should have been boiled together beforehand, and not added now, as she seems to suggest]) barely to cover the meat. Add the browned *lardons*, the bay, thyme, and orange peel; wash the tomato, chop it roughly, and add it to the beef along with the tomato paste and the unpeeled garlic cut in half. Bring to the simmer, taste, and salt lightly if necessary. Cover and cook at a slow simmer either on top of the stove or in the oven—for oven cooking, start at 350 degrees, then lower heat in 20 to 30 minutes to 325 or even 300 degrees.

Timing. Choice or prime cuts of chuck or round may take only 2 hours, while shank and heel may take up to 4 hours. If you have top-quality meat, therefore, check every 15 minutes or so after 1 1/2 hours of simmering; the beef must not over cook and fall apart when served, but it must be tender enough for a pleasant chew.

Finishing the stew. When beef is tender, set a large colander over a saucepan and pour contents of casserole into colander. Wash out casserole, and return the meat to it. Press juices out of remains in colander, and discard residue. Skim fat off cooking liquid in saucepan, and taste liquid very carefully for strength and seasoning. You should have about 3 cups of delicious meaty rich stock. Boil down rapidly if weak, to concentrate flavor, adding a bit more stock or bouillon or wine, herbs, garlic, or tomato paste if you feel them necessary. Remove from heat; blend the *beurre manié* into the liquid with a wire whisk. Bring to the boil, stirring, as it thickens into a light sauce, check seasoning and pour the sauce over the meat. Simmer slowly for 2 to 3 minutes, basting meat with sauce, and you are ready to serve.

** Stew may be prepared a day or two in advance to this point; let cool uncovered, then cover and refrigerate. Reheat slowly at below the simmer for 20 minutes or so, to let meat warm through and soften before serving.

Serving. Serve from casserole, if you wish; or turn the stew out onto a large warm platter and surround with rice or noodles, whatever vegetables you have chosen, and sprigs of fresh parsley or a sprinkling of chopped parsley for decoration.