

Beef Bourguignon Done Properly

Chef Jack Croft

Fallow Restaurant, London, England

Ingredients

750 g/26.5 oz. Chuck, Off the Bone, Cubed

750 g/26.5 oz. Beef Shin

750 g/26.5 oz. Short Rib

1 Large Onion, Thickly Cut

300 g/11 oz. Pearl Onions, Peeled

4 Carrots, Thickly Cut

6 Garlic Cloves, Smashed

30 g/1.0582 oz. Flour

20 g/.705 Tomato Purée

200 g/7 oz. Lardons (bacon)

750 g/26.5 oz. Beef Stock

1 Bottle Full Bodied Red Wine

5 g/< 1 oz. Thyme

5 g/< 1 oz. Parsley Stems

3 Bay Leaves

250 g/9 oz. Small Button Mushrooms, Stems Trimmed and Quartered

20 g/<1 oz. Unsalted Butter

Parsley, Finely Chopped

EQUIPMENT

1 [Cartouche](#)

2 Sauté Pans

1 Dutch Oven

1 Sieve

Preparation

1. On a tray or plate, place flour and season with salt. Lightly flour all the meat and tap off any excess
2. In a Dutch oven, heat oil over a medium heat. Brown the meat on all sides in batches. Set aside for later
3. Add a bit more oil into the Dutch oven and add in the vegetables. Immediately turn off the heat and place the lid on so the vegetables can steam. Mid-way through, add in the thyme, parsley stems, and bay leaves. When the vegetables have cooked, scrape all the brown bits off the bottom of the pan. Remove vegetables from pan and set aside
4. Add the whole bottle of wine into the Dutch oven and reduce by 50%
5. Add the meat, vegetables, and herbs back into the Dutch oven. Cover with beef stock
6. Place back on heat and bring the mixture up to a simmer. Place a cartouche then a lid and place into a 160°C oven for 4-6 hours until the meat is extremely tender and falling apart
7. Remove from the oven and let the meat cool down in the liquid
8. Strain the meat and vegetables from the liquid. Reserve the meat and bin the carrots, onions, herbs, and garlic.

9. Place the liquid back into a pan and slowly reduce until you reach a coating consistency. Skim off any fat or impurities
10. In a sauté pan, add in a new nub of butter and the button mushrooms. Cook until fully tender and set aside for later use
11. In the same pan as the mushrooms, cook lardons until golden and crispy. Remove lardons from the pan for later use. Leave as much fat in the pan as possible
12. In the same pan, add in the pearl onions along with a few nubs of butter. Cook until tender and lightly golden on the outside
13. When the sauce is finished, add the meat and vegetables back into a pan and pour the sauce over
14. Serve with mash

Link to [convert grams](#)

Donna's Notes: I used a digital scale switched to grams to get the correct amounts.

Link to video to prepare click on [Chef Croft's](#) name