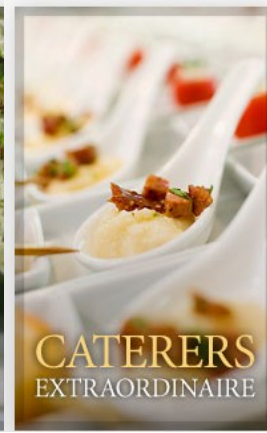
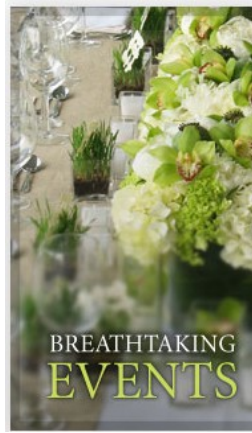


# FRANK JULIO & COMPLETE EVENT PLANNING

Be Our Guest at Your Party



## Boeuf Bourguignon

As seen on News 12 with Amelie Wilson

3 Pounds of Stewing Beef  
(Can be brisket, short ribs or a wonderful Chuck Roast)  
Cut into 2" cubes.  
All purpose flour as needed (about 1/2 cup)  
1 T olive oil  
6 oz slab bacon cut into 1 inch by 1/2 inch pieces  
1 Carrot sliced  
1 small onion, sliced  
Salt and pepper to taste

3 Cups of young red wine like chianti. (Don't use a wine that you wouldn't drink! There's a lot of work involved here. Doesn't it warrant great ingredients?)

About a quart of beef stock  
1 T tomato paste  
2 cloves garlic, minced  
1 bay leaf

2 onions, diced  
1 lb cremini mushrooms  
3 carrots or 1 package baby carrots

Dredge the Beef lightly in the flour.

Heat a heavy bottom oven and stove top safe casserole over medium high heat. Add the olive oil. When the pan is hot and barely starts smoking, start browning the meat. Don't put too much in at once, the rule is to not have any 2 pieces touching each other. If there is too much meat in the pan it will not brown which is very important for this dish. Brown in small batches if necessary and put aside until later.

Add the bacon to the pan and let it render. When it starts to brown remove it and set it aside with the meat.

Remove all but 2 tablespoons of the bacon drippings that have collected and add the sliced carrot and onions. When they start to brown, add the tomato paste and cook over a medium low heat until it turns a dark brown/red. Add the red wine and return the meat and bacon to the pan. Add enough of the beef stock to almost cover the meat. Add the bay leaf and the thyme and let simmer covered for 3 -4 hours or until a fork pierces it easily. This can be done on top of the stove on low heat or in the oven at 300 degrees.

At this point, it can be chilled down and frozen or saved to serve that day or the next day.

About an hour before serving, place the thawed meat and sauce in a 350 degree oven until it starts to bubble.

Sautee the onions, baby carrots and mushrooms. Place everything together in a serving bowl or chafing dish and enjoy.