



BEEF BOURGUIGNON

by Chef David Cocker

USING: REUVEN FULLY COOKED DICED BEEF

Prep & Cook Time: 180 minutes

Servings: 5-6

INGREDIENTS

3 1/2 pounds Reuven Fully Cooked Diced Beef
3/8" or 3/4" (Product Code B03693 or B03599), thawed
6 oz (170 g) bacon, roughly chopped
2 tbsp (30 ml) extra virgin olive oil
1 tsp (5 ml) italian seasoning
Salt and pepper to taste
2 large yellow onions, thickly sliced
1 large carrot, sliced 1/2 inch thick.
4 cloves garlic, peeled and minced
1 lbs (454g) mushrooms, button or cremini, quartered
2 tbsp (30 ml) all-purpose flour
2 cups (500 ml) dry red wine (merlot, chianti or pinot noir)
3 cups (750 ml) beef stock
2 tbsp (30 ml) tomato paste
2 bay leaves
2 tsp (10 ml) thyme leaves
1/4 cup (60 ml) parsley, chopped

PREPARATION

Using a thick-bottomed pot, such as a Dutch oven. Heat 2 tablespoons of oil on medium high heat (hot enough to sear the meat). Thaw Reuven Fully Cooked Diced Beef (min 30 min) and pat dry with paper towels. Sprinkle and rub salt, pepper, and Italian seasoning all over the meat. Add the beef cubes, frying on each side for 1 minute. Remove browned beef from pot and reduce to medium heat.

Sautee bacon over medium heat for 3 minutes until crisp and browned, remove bacon to the dish with the beef.

Add onions to the pan and cook for about 5 to 10 minutes, until they begin to brown. Add the garlic, mushrooms and carrots to stir into the onions. Once combined, add flour and tomato paste, cook over medium heat while stirring for 2-3 minutes.

Add red wine and beef stock slowly into the pot while stirring. Add the browned beef and bacon along with thyme and bay leaves.

Bring to simmer and then adjust the heat down to the lowest heat possible to maintain a bare simmer when covered.

Cook for 2 to 3 hours, or longer, until meat is tender.

Taste for seasoning and adjust salt and pepper, if desired.

Garnish with parsley and serve with mashed potatoes, rice or noodles.



For more information regarding the full line of Reuven products, visit our website at www.reuven.com or call 416.929.4196.