

BEEF BOURGUIGNON

PAIRED WITH 2017 MOUNTAIN CUVÉE | YIELDS 6-8 SERVINGS

INGREDIENTS

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| 1 tablespoon Olive Oil | ½ cup Brown Rice Flour (or chickpea flour) |
| ½ pound Bacon, diced | 3 cups Dry Red Wine |
| 2½ pounds Stew Meat, preferably chuck,
cut into 1-inch cubes | 2½ cups Beef Stock |
| Kosher Salt & freshly ground Black Pepper | 1 pound Carrots, 1 inch pieces |
| 2 each Yellow Onions, large, diced | 1 tablespoon Rosemary, fresh, minced |
| 3 tablespoons Garlic, chopped | 12 ounces Mushrooms, crimini or button,
quartered |
| ¼ cup Tomato Paste | ¼ cup Parsley, minced |

METHOD

1. Preheat the oven to 300°F.
2. Heat the olive oil in a large Dutch oven over medium heat. Add the bacon and cook until the bacon is brown. Remove the bacon and reserve it to add back later, leaving the bacon fat in the pot.
3. Season the beef with salt and pepper. Increase the heat to high, add the meat to the oil and sear the beef, turning to brown on all sides.
4. Remove the seared meat and cook the remaining beef using the same method. Reserve.
5. Once all the beef is browned and set aside, add the onions and garlic to the pan and cook for 8-10 minutes.
6. Add the tomato paste and cook for an additional 5-8 minutes.
7. Add the rice flour and stir well to combine.
8. Add the wine while whisking continuously to prevent lumps. Add the beef stock while continuing to whisk.
9. Add the bacon, beef, carrots, rosemary and mushrooms to the wine mixture and increase the heat to high and bring to the boil then immediately reduce the heat to a simmer.
10. Cover and place the pot in the oven. Continue to cook for 2 hours.
11. Remove the beef mixture from the oven and stir in the parsley then test the beef for tenderness. If the beef is not very tender, return the pot to the oven and continue to cook for 30 minutes or until the meat is tender.
12. Once tender, remove from oven and taste for seasoning and adjust with salt and pepper and serve.