



BOEUF BOURGUIGNON

- 1/2 Pound Thinly Sliced Salt Pork
- 4 Shallots
- 2 Pounds Stewing Beef, 1 Inch Pieces
- 1 1/2 Tablespoons Flour
- 1 Teaspoon Salt
- 4 Peppercorns
- 1 Bay Leaf
- 2 Cloves Garlic, Minced
- 1/2 Teaspoon Thyme
- 1 Bottle Red Wine
- Water
- 1 Cup Sautéed Mushrooms

DIRECTIONS

1. Preheat oven to 300 degrees.
2. Lightly fry salt pork.
3. Add shallots and sauté until almost tender.
4. Remove from pan and reserve.
5. Add stewing beef to fat in pan and sprinkle with flour.
6. Brown on all sides.
7. Add salt, peppercorns, bay leaf, garlic and thyme.
8. Using a three to one ratio - add the wine (3) and water (1). Using more wine than water to just cover the meat.
9. Cover and simmer in the oven for 2 hours.
10. Return salt pork and shallots to the pan.
11. Cover and simmer an additional hour.
12. Add the mushrooms during the last 10 minutes of cooking.
13. Serve with noodles, mashed potatoes or crusty French bread.