

PAUL BOCUSE S BOEUF BOURGUIGNON

The Recipe

<https://www.cuisinedaubery.com/recipe/boeuf-bourguignon-english/>

Let's follow the steps of Paul Bocuse to master this fabulous dish !

Chef: Paul Bocuse

Servings: 8

Preparation Time: 30 Minutes

Cooking Time: 3 H

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Main Dish, Meat Stew, Meat,

Ingredients

For 8 servings

2 1/4 lbs Beef (1 kilogram)

6 Shallots

1/4 Cup Butter (60 grams)

2/3 Cup Bacon (125 grams)

4 Carrots

2 Celery Stalks

1 Sprig Thyme

1 Laurel (Bay) leaf

4 Parsley Sprigs

10 Peppercorns

1 pinch of Salt

1 tablespoon of Flour

1 tablespoon of Tomato Paste

4 1/4 Cups Red Wine (1 Liter)

2 1/4 Cups Water (0.5 Liter)

1/4 Cup Cognac or Brandy (60 grams)

4 Garlic Cloves

1 Orange Peel

some Button Mushrooms

For 6 servings

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1 1/2lbs Beef (700 grams)
4.5 Shallots
3 Tablespoons Butter (45 grams)
1/2 Cup Bacon (93.7 grams)
3 Carrots
1 1/2 Celery Stalks
3/4 Sprig Thyme
3/4 Laurel (Bay) leaf
3 Parsley Sprigs
7.5 Peppercorns
1 pinch of Salt
3/4 tablespoon of Flour
3/4 tablespoon of Tomato Paste
3 1/4 Cups Red Wine (0.75 Liter)
3 1/3 Cups Water (0.75 Liter)
3 Tablespoons Cognac or Brandy (45 grams)
3 Garlic Cloves
3/4 Orange Peel
some Button Mushrooms

For 4 servings

1 lbs 2 oz Beef (500 grams)
3 Shallots
2 Tablespoons Butter (30 grams)
1/3 Cup Bacon (62.5 grams)
2 Carrots
1 Celery Stalk
1/2 Sprig Thyme
1/2 Laurel (Bay) leaf
2 Parsley Sprigs
5 Peppercorns
1 pinch of Salt
1/2 tablespoon of Flour
1/2 tablespoon of Tomato Paste
2 Cups Red Wine (0.5 Liter)
2 1/4 Cups Water (0.5 Liter)
2 Tablespoons Cognac or Brandy (30 grams)
2 Garlic Cloves
1/2 Orange Peel
some Button Mushrooms

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Steps

How to master the best Burgundy Beef

To get the best Boeuf Bourguignon, you need to serve something very tasty, with balanced tastes between the wine, the meat and the vegetables. The balance is hard to master, but if you follow the recipe, you will get it. You will need of course a premium quality meat : French chefs recommend "gîte à la noix, macreuse, ou paleron" : Thick Flank, Shoulder. Do not get stingy on the price of the meat !

Also, you need to serve a meat that is "falling off the bones" (even if there is no bone !) : What I mean is that the meat must be so tender that you don't need a knife to cut it : it almost melts in our mouth. To get this, you will need to cook for a long time, on a very low heat. You will also need to be patient, and to not eat the dish after cooking, Instead, you will need to refrigerate a few hours, then cook again, then refrigerate, then finally cook : that way, the tastes develop, and the meat becomes even more tender : While it seats in the fridge, the wine sauce continues to "break" the tissues of the meat.

1. As I told you earlier, I use Shallots, whereas Bocuse uses 12 pearl onions
2. Peel and dice the Shallots (6)
3. Melt the Butter (1/4 Cup or 60 g) in a cast-iron pot (Dutch Oven)
4. Cook the Shallots (6) over moderate hear
5. Add the Bacon (2/3 Cup or 125 g) and cook 3 minutes
6. Salt and pepper the Beef
7. add the meat, and brown over high heat on all sides
8. Peel the Carrots (4) and cut them into sticks of 2" (or 5 cm)
9. Wash the Celery Stalks (2), remove the outer fibers
10. Add to the cast-iron pot (Dutch Oven)
11. In a spice bag, insert the Sprig Thyme (1), the Laurel (Bay) leaf (1), the Parsley Sprigs (4), the Peppercorns (10), and seal the bag
12. Add to the cast-iron pot (Dutch Oven)
13. Add the Salt (1 pinch)
14. Reduce the heat so that everything simmers gently
15. Simmer for about 30 minutes
16. Lift the Beef (2 1/4 lbs or 1 kg) out of the pot, and set aside
17. Sift Flour (1 tablespoon) in the cast-iron pot (Dutch Oven)
18. Stir in the Tomato Paste (1 tablespoon)
19. Keep stirring
20. Add the Red Wine (4 1/4 Cups or 1 Liter) and the Water (2 1/4 Cups or 1/2 Liter) little by little
21. For your information... some chefs like Thomas Keller recommend to boil the wine in a saucepan before adding it to the pot (to make it less tanic)
22. If you live in the States, you can get a good wine suitable for this recipe : a Beringer Cabernet

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Sauvignon

23. Pour in the Cognac or Brandy (1/4 Cup or 60 g)
24. Crush the Garlic Cloves (4) and add
25. Add in the Orange Peel (1)
26. Cook until its starts boiling
27. Return the meat to the pot
28. Simmer, on low heat, for 2 hours 30 minutes
29. Do not cook on high heat !!! You need to lower the heat and let it cook a long time...
30. If you see too many big "bubbles", it means you need to lower the heat

Cooling down

31. After the long cooking, remove the pot from the stove and let it cool at room temperature for 2 hours
32. Place in the fridge overnight

The next day

33. The next day, you may scoop out the fat that is now solid and on top of the pot. You can discard all this solidified fat
34. Cook on low heat for 1 hour
35. Add Salt and Pepper if necessary
36. You may cook the Button Mushrooms (some Button Mushrooms) (cut in half) in a bit of butter
37. Serve the meat with juice and the Button Mushrooms (some Button Mushrooms)