

## *Beef Bourguignon*

This is a typically Burgundian dish, since it combines two of the main local products: beef and wine. Just as for its wines, Burgundy has a high reputation for the quality of its Charolaise cattle.

The Charollais region is situated in the southern part of Burgundy, behind the mountains of the Mâconnais.

At the heart of its green pastures, the little town of Charolles holds an important cattle market every second Wednesday of the month from January through May. Classified as a “Remarkable Taste Site” for its terroir and products - cattle and sheep - it is an important part of the French gastronomic heritage.

Particularly enjoyed in the wintertime, this is a hearty family dish.

Wine pairing: a Chassagne-Montrachet 1er Cru “Morgeot”

For 6 persons.

Preparation time: 15 minutes the day before

Cooking time: 3 hours

1.5kg beef, cut into chunks (stewing beef, chuck or shoulder)  
150g diced, thick-cut smoky bacon  
300g white button mushrooms  
100g flour  
2 large onions  
2 carrots  
5 crushed garlic cloves  
1 "bouquet garni" (3 bay leaves, 3 sprigs of thyme, parsley)  
2 bottles red wine, preferably Hautes Côtes de Beaune  
Oil, salt and pepper, a pinch of nutmeg

1. Peel and finely chop the onions. Peel the carrots and slice them. Dice the mushrooms.
2. Heat a small amount of oil in a large stew pot and brown the bacon, onions, carrots and mushrooms. When the bacon is browned and the vegetables have started to wilt, remove from the pot.
3. Flour the chunks of beef, add more oil to the pot, if necessary, and brown the beef. Add salt and pepper and a pinch of ground nutmeg, then the crushed garlic cloves, bouquet garni, bacon, onions, carrots and mushrooms.
4. Add wine until the beef is almost covered.
5. Bring to the boil, cover, lower the heat and allow to simmer for 2½ hours.
6. Remove the cover and cook for a further ½ hour in order to thicken the sauce.
7. Before serving, remove the bouquet garni and season to taste.

Last tips:

This dish can be served with steamed potatoes.

It should be cooked on a low heat for a long time. The meat and vegetables take on the flavour of the wine, the meat fibres soften and the juices become more concentrated. That is why this dish is even better when served reheated the next day.