

Boeuf Bourguignon with Fresh Egg Fettuccine

4 lbs. Flat Iron beef
1 bottle Red wine
3/4 lb. Bacon
1 large carrot
1 celery stick
1 white onion
2 soup spoon flour
1/2 tsp. Salt
Pepper, freshly ground
1. Bay leaf
2 cloves
Garlic, minced
1 sprig Thyme

1 lb. Small mushroom caps
1/2 lb. Pearl onions
1 table spoon Butter
1 table spoon Sugar
1 1/2 lb. Egg fettuccine
1 table spoon butter

Method:

Trim any excess fat from beef and cut into 1-inch cubes. Place in a hotel pan or non-corrosive container and cover with the bottle of red wine. Add the mirepoix of onion, celery and carrots. Marinate under refrigeration overnight. Strain the beef from the red wine. Reserve red wine for the stew. Dredge beef cubes lightly in flour.

In a large rondo or brazier, render the bacon fat. Cook bacon until crisp then remove, drain on paper towels, and reserve for garnish. Brown the beef on all sides in the hot bacon fat. If necessary, brown in small batches to avoid overcrowding the pan. Remove meat from pan and set aside then brown the mirepoix. Deglaze with a little red wine. Re-introduce the beef cubes to pan. Cover with the rest of the red wine Add salt, pepper, bay leaf, thyme sprig and garlic. Bring wine to boiling point. Cover and place in oven. Simmer in oven for approx. 2 hours or until beef is tender. Then put the beef pieces in a service container and strain the sauce over it.

Cook the pearl onions in water, butter and sugar until tender and brown

Sauté the mushroom caps in butter as well.

Cook the pasta in salted boiling water, strain through colander, then toss lightly with butter.

Serve the beef bourguignon on a bed of fettuccine. Garnish stew with the bacon, browned pearl onions, and sautéed mushrooms. You may substitute fingerling potatoes for the fettuccine.

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