



THE FOLEY FOOD & WINE SOCIETY

WORLD-CLASS WINES. EXCEPTIONAL CUISINE. OUTSTANDING DESTINATIONS.

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Beef Bourguignon

by Executive Chef Shane McAnelly

This robust beef bourguignon is perfect meal for this cooler time of year/

Pairing: Big, Bold Cabernet Sauvignon

Servings: 2

Ingredients:

2 boneless beef short ribs(aka chuck flat), cut in 1" cubes
8 oz bacon, chopped
2 cups onion, diced
1 cup carrot, diced
1 cup celery, diced
2 cloves garlic
1 sprig thyme
1 ea bay leaf
2 cups red wine
1/4 cup tomato paste
6 cups veal stock
8 oz red potato, quartered
8 oz crimini mushroom, cut in half
8 oz turnip, peeled and cut in half
8 oz baby carrot, peeled and cut in half
8 oz pearl onion peeled

Directions:

In large pot render bacon until crispy. Remove bacon for later, keeping rendered fat in pot. Add beef and cook until golden brown on all sides. Remove beef from pot and add carrots, celery, onion, thyme and bay. Cook for 3 minutes then add wine and tomato paste. Cook until reduced by half and then add veal stock. Add beef and bacon back to pot and cover and place in 300 degree oven and cook for 3 hours, until very tender.

While beef is in oven cooking prepare vegetables. Toss all vegetables together with 1/2 cup olive oil and 1 T salt. Spread out on large baking sheet in even layer and cook in 300 oven for 25 minutes. Reserve. When beef is done cooking add to pot.



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To Serve:

Portion beef bourguignon into warmed serving plates, top with fried parsley.