

Beef Bourguignon – Beef Burgundy

Ingredients	Preparation
<p> 3 lb beef tenderloin in chunks ½ lb lean bacon, in strips 3 cups red wine St. Laurent 2 cups beef broth 8 oz small mushrooms 1 carrot, chopped 1 onion, chopped 5 garlic cloves, crushed 3 tablespoons tomato sauce 10 shallots 2 tablespoons Flour 4 sprigs fresh thyme 2 bay leaves 3 tablespoons butter Salt and pepper, to taste <u>Organic EVOO, for garnish</u> </p> <p> Suggested Wine Pairings: <u>Thaya Saint Laurent</u> <u>Natural Red Wine Organic</u> <u>Late Harvest Single</u> <u>Vineyard</u> </p>	<ol style="list-style-type: none"> 1. Boil the bacon for 10 minutes, then pat it dry and fry in a spoonful of oil in a skillet. Remove the bacon and brown the beef in the same skillet until brown. Transfer the meats into an oven safe pot and set aside. 2. Add a tablespoon of butter to the skillet and sauté the onion and carrot until soft. Add the vegetables to the pot, season with salt and pepper and sift the flour over the top, shaking to coat everything evenly. Place the pot in a 400° oven for 4 minutes. 3. Remove and reduce the oven temperature to 325°. In the hot pot, pour in the broth and red wine so that the meat is submerged. Add the tomato sauce, crushed garlic, thyme, and bay leaf. Cover and put back in the oven for 3 hours, stirring every hour. 4. Meanwhile, peel the shallots, leave whole and begin to sauté in 2 tablespoons of butter. After a few minutes, add the mushrooms. When cooked, set aside. 5. After the 3 hours cook time, strain the finished meat and vegetables, placing the juices back in the pot. Remove the bay leaf and thyme. Now either loosen the juices with stock or reduce by gently simmering until the desired thickness. 6. When done, add meat and vegetables back, season with salt and pepper to taste, and serve with a glass of Saint Laurent.

This recipe is courtesy of the Czech winery, Thaya.