



## COOKING CLASSES

AT SUR LA TABLE

# PREP NOW, EAT LATER: BEEF BOURGUIGNON

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

## Proteins

- 4 ounces bacon
- 2 pounds boneless beef chuck

## Produce

- 1 large carrot
- 1 large yellow onion
- 2 garlic cloves
- 1 small bunch thyme
- 1 small bunch parsley
- 1 small bunch chives (optional)
- 2 bay leaves
- 8 ounces cremini or button mushrooms
- 2 pounds Yukon Gold potatoes

## Dairy

- 6 tablespoons unsalted butter
- 1/2 cup whole milk
- 1/2 cup heavy cream

## Frozen

- Pearl onions

## Pantry Items

- Vegetable oil
- Kosher salt
- Freshly ground pepper
- All-purpose flour
- Tomato paste
- Sherry vinegar

## Dry/Canned Goods

- 2 cups of red wine like pinot noir, cabernet sauvignon or merlot
- 3 cups of low-sodium beef stock

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Chef's knife

## Hand Tools/Gadgets

- Cutting board
- Mixing and prep bowls (various sizes)
- Measuring cups and spoons
- Liquid measuring cup
- Vegetable peeler
- Colander
- Tongs
- Wooden spoon
- Slotted spoon
- Ladle
- Potato ricer or food mill

## Cookware

- Dutch oven
- Skillet
- Stockpot or large sauté pan with lid
- Small saucepan

## Other

- Kitchen twine
- Paper towels

## Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### Beef Bourguignon

1. Take beef out of refrigerator 30 minutes before class.
2. Thaw and drain frozen pearl onions in a colander or fine-mesh strainer.
3. If following oven method, preheat oven to 325°F.
4. Wash and dry all produce.

### Creamy Mashed Potatoes

1. Wash and dry all produce.
2. If serving potatoes later, preheat oven to 300°F.

### Finishing Steps: Beef Bourguignon and Creamy Mashed Potatoes

At the end of the class, you will have prepared both recipes. However, the stew may need to simmer for longer. You can transfer the stew to a 325°F oven or continue to simmer on the stovetop until the beef is fork-tender. If you would like to serve the potatoes at a later time, top the finished potatoes with a pat of butter, loosely tent with foil and place in a warm oven at 200°F for up to 2 hours.

## BEEF BOURGUIGNON

**Yield:** 4 servings

One of the most iconic French dishes. Like most stews, it is best made a day or two in advance so the flavors can mingle and develop.

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*2 tablespoons vegetable oil, plus more as needed*  
*4 ounces bacon, sliced crosswise into thin strips (1/4-inch by 1-inch pieces)*  
*2 pounds boneless beef chuck, trimmed of all fat and cut into 1-inch cubes*  
*Kosher salt and freshly ground black pepper, as needed*  
*1 carrot, peeled and sliced into 1/4-inch thick rounds*  
*1 large yellow onion, medium diced*  
*2 tablespoons unbleached all-purpose flour*  
*2 cups full-bodied red wine like pinot noir, cabernet sauvignon or merlot*  
*2 to 3 cups low-sodium beef stock*  
*1 tablespoon tomato paste*  
*2 large garlic cloves, finely minced*  
*3 sprigs fresh thyme, tied with kitchen twine*  
*2 bay leaves*  
*2 tablespoons unsalted butter, room temperature*  
*About 15 frozen pearl onions, thawed*  
*8 ounces cremini or button mushrooms, trimmed and quartered*  
*1/3 cup sherry vinegar*  
*3 tablespoons flat-leaf parsley, chopped*

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- 1. To prepare the bacon:** To a large Dutch oven over medium heat, add oil. Cook bacon pieces, stirring often until lightly browned, about 5 minutes. Transfer bacon with a slotted spoon to a medium bowl and reserve bacon fat in the Dutch oven.
- 2. To sear the beef:** Dry the beef thoroughly with paper towels and season with salt and pepper. Increase heat under Dutch oven to medium-high. When the fat is shimmering, add the beef and sear, working in batches to avoid crowding the pan. Turn beef as needed until browned on all sides. Transfer seared beef to bowl with bacon. Reduce heat to medium and add the carrot and onion to the pan; cook, stirring often until lightly browned, about 8 minutes.
- 3. To prepare the stew:** Return the beef and bacon to the Dutch oven with the carrots and onions; season lightly with salt and pepper. Sprinkle flour over and toss to coat. Add wine and add enough stock to just cover the meat; stir to combine. Add tomato paste, garlic, thyme sprigs and bay leaf; stir to combine. Bring to a simmer over medium heat. Cook 1 to 1 1/2 hours until the beef is fork-tender. The meat is done when a fork pierces it easily.
- 4. To cook the onions and mushrooms:** To a large skillet over medium-high heat, add

butter. When foaming subsides, add onions and mushrooms and stir to coat vegetables with the melted butter. Drizzle with sherry vinegar and season generously with salt and pepper. Sauté the onions and mushrooms on medium-high heat until golden brown and most of the liquid has evaporated, about 10 minutes.

5. When the beef is fork-tender, using a slotted spoon, remove the beef, vegetables and herbs from the Dutch oven and place in a medium-sized bowl. Increase the heat to medium-high under the Dutch oven and simmer until broth reduces and is thick enough to coat the back of a spoon. While simmering, skim the fat off of the surface of the braising liquid with a ladle and discard fat. Return all the stew solids to the Dutch oven, discarding the thyme sprigs and bay leaf. Add the roasted onions and mushrooms to the stew and simmer until warmed and cooked through. Taste and adjust seasoning with salt and pepper.

6. **To serve:** Reheat the stew slowly over medium heat, gently stirring as needed. Just before serving, stir in parsley, taste and adjust seasonings once more; ladle into shallow soup bowls.

***Recipe variations:***

- The traditional cooking method for the stew is in the oven.
- **For the oven preparation:** Preheat oven to 325°F. Position two racks in the middle of the oven and make sure there is enough clearance for the Dutch oven with the lid on the top rack. Once you have added the bay leaves and brought the stew to a simmer, cover the pot and place in preheated oven for 1 1/2 to 2 hours until beef is fork-tender.
- **For the mushroom and pearl onion oven preparation:** Using an ovenproof skillet, follow the stovetop directions through the adding of sherry, salt and pepper. Place the skillet in the oven on the rack positioned below the Dutch oven, stirring occasionally, until onions and mushrooms turn golden brown and most of the liquid has evaporated, 20 to 25 minutes.
- **For oven method finishing:** Follow above steps 5 and 6.

## CREAMY MASHED POTATOES

***Yield:*** 4 servings

For the lightest, fluffiest mashed potatoes, process them in a potato ricer or food mill. For extra flavor, you can squeeze several cloves of roasted garlic into the ricer when pressing the potatoes.

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*2 pounds Yukon Gold or russet potatoes, peeled and cut into 1-inch pieces*

*Kosher salt*

*1/2 cup whole milk*

*1/2 cup heavy cream*

*1/2 stick (4 tablespoons) unsalted butter, at room temperature*

*Freshly ground black pepper*

*1 tablespoon roughly chopped fresh herbs, like chives, parsley or thyme*

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1. Add potatoes to a large sauté pan or stockpot, cover with cold water and season generously with salt; bring to a boil over high heat. Lower the heat and simmer potatoes until tender, about 20 minutes. While potatoes are cooking, add milk to a small saucepan and heat over medium heat until hot; reserve warm on stove. When potatoes are fully tender, drain them thoroughly in a colander.

2. Set the pan used to cook potatoes over medium heat. Add drained cooked potatoes to the pan and toss to dry completely. Remove hot potatoes and immediately process through a potato ricer or food mill back into the pan. Set pan over low heat.

3. Add butter and whip potatoes by hand with a wooden spoon until just incorporated. Drizzle hot milk slowly into potato mixture, stirring constantly with a wooden spoon, until potatoes reach desired consistency. Taste and adjust seasoning with salt and pepper. Garnish with herbs.

4. ***To serve:*** Mound potatoes in a warmed serving bowl and serve immediately.

### ***Recipe variations:***

- Substitute russet potatoes if you prefer their flavor and texture.
- Potatoes can be made a few hours ahead, dotted with 1 tablespoon butter, loosely covered with foil and kept in a warm oven.