

Beef burgundy

Sara Lee Chef Catherine DeOrio shares her warm and hearty winter entrées

Catherine DeOrio

4-6 servings

Traditionally this dish is served with buttered potatoes garnished with parsley. For an all in one dish, I've cooked the entire meal in the slow cooker.

INGREDIENTS

2 lbs boneless beef chuck roast; trimmed of fat and cut into 1-inch cubes

2 1/2 cups pinot noir

1 cup beef broth

3 strips thick cut bacon; cut into 1/8 inch pieces

1 large yellow onion; chopped (approximately 3 cups)

3-4 medium red potatoes; cut each into 8 pieces (approximately 3-4 cups)

5 medium carrots; 1/2 pieces (approximately 2 cups)

1 cup sliced mushrooms

1/2 bag (14 oz) frozen pearl onions slightly thawed

1 tablespoon tomato paste

2-3 tablespoons olive oil

3 cloves of garlic, minced

1/4 cup all-purpose flour

3 sprigs fresh thyme

2 bay leaves

1/4 cup fresh parsley

salt

pepper

DIRECTIONS

1. Place potatoes in bottom of slow cooker.
2. Season beef with salt and pepper, dust with flour and set aside.
3. Cook bacon in large skillet over medium-high heat until most of the fat is rendered. Remove with slotted spoon to slow cooker.
4. Brown meat in bacon fat, working in batches if necessary. Remove meat to slow cooker.
5. Heat olive oil in skillet. Add onions and saute until translucent and fragrant, approximately 5 minutes. Add garlic, sauté for 1 minute. Add carrots and sauté for 5 more minutes. Transfer entire contents of skillet to slow cooker.
6. Optional: Deglaze pan with wine and add to slow cooker.

7. Add all remaining ingredients to slow cooker except mushrooms, pearl onions and parsley. Turn slow cooker to low cooking setting. Cook for 6-7 hours.

8. Add mushrooms and pearl onions. Season. Turn cooking setting to high and allow to cook for 1 hour.

9. Season to taste and transfer to serving dishes. Garnish with fresh chopped parsley.

If a thicker sauce is desired: Mix 1 tablespoon cornstarch with 2 tablespoons water or stock. Add to slow cooker and mix. Allow sauce to thicken before serving.

TIP

If you have extra time, marinate meat over night in red wine, crushed garlic, fresh cracked pepper, fresh thyme, chopped carrots and onions. Then pat dry before sautéing.

Exclude potatoes and serve over buttered noodles or spatzle.

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