

Beef Bourguignon



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- 4 short ribs of beef, approximately 2 pounds
- 1 large onion
- 1 large carrot
- 1 medium parsnip
- Red burgundy wine to cover, about 3/4 of a bottle
- 1 teaspoon Dijon mustard
- Pinch herbes de Provence
- Salt and pepper to taste
- 1/4 cup white flour
- 1/4 cup olive oil

Special Equipment:

- 4 inch round biscuit cutter
- Mandoline, for cross-cut potatoes

In a large heavy-bottomed pot or Dutch oven, heat olive oil over medium heat. Chop onion, carrot, and parsnip, and add to pot, stirring about 5 minutes until soft and golden. Add salt and pepper to taste. Toss short ribs with flour in a zipper-top 1 gallon plastic bag until coated. Move vegetables to side of pot, add a little more olive oil to center of pot if necessary, and add short ribs. Cook until browned on one side, about 3-4 minutes, and turn and repeat. Add enough red wine to cover and bring to a boil, stirring in a little more salt and pepper, mustard, and herbes de Provence. Cover and turn heat to low. Simmer until meat is falling off the bone, approximately 2 and 1/2 hours. Remove ribs from pot, and set aside. Remove cover from pot, return heat to medium, and boil to reduce liquid volume by one-third. When meat is cool enough to handle, shred with a fork, lower heat under pot, and add meat back to pot for approximately half an hour. Discard bones.

Stiff Mashed Potatoes:

- 1 1/2 pounds of small to medium red potatoes
- 1/3 cup milk
- 3 tablespoons butter

Cut potatoes into quarters. Place in a pot of salted boiling water and lower the heat to medium. Cook until "fork tender", approximately 15 – 20 minutes. Meanwhile, heat milk and butter in a glass measuring cup placed into the microwave approximately 30 – 45 seconds, 15 seconds at a time, until the butter is liquefied. When potatoes are cooked, drain in a colander, and return to the pot. Add about half of the milk and butter then salt and butter to taste. Mash with a hand masher. Add milk and butter as needed. Potatoes should remain somewhat stiff.

Cross-cut Potatoes:

- 2 large potatoes
- 1 quart vegetable oil for frying
- Sea salt to taste

Peel potatoes. Set mandoline for ridge or cross cut. Slice both potatoes on mandoline, heat oil to 375 degrees. Fry potato slices, a few at a time, until golden brown. Remove from oil, place on paper towels to drain, and dust with sea salt. May be made while beef Bourguignon is cooking, and used at room temperature.

Assembly:

Place a four-inch metal biscuit cutter in the center of a plate, and fill halfway with mashed potatoes, using a soup spoon. Use a slotted spoon to add beef Bourguignon to the top half of the ring, draining well as you remove each spoonful from the pot. Carefully remove your mold. After you have repeated for each serving, decorate the sides with cross-cut potato crisps. Serve immediately.

Makes 4 servings.

