

Treasure Barrel

Beef Bourguignon Recipe - A Cozy Classic Comfort Meal

30 min Prep time	**3 h 30 min** Cook time	**4 h** Total time
6 Servings	**Hard** Difficulty	**French** Cuisine

Ingredients

For the Lamb and Vegetables

- [ ] 3 lbs lamb shoulder, cut into 2-inch chunks
- [ ] 1 tbsp olive oil
- [ ] 6 oz turkey ham, diced
- [ ] 1 large yellow onion, chopped
- [ ] 2 large carrots, cut into 1/2-inch coins
- [ ] 1 lb pearl onions, peeled
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp tomato paste
- [ ] 1/4 cup all-purpose flour

For the Braising Liquid

- [ ] 4 cups rich beef broth
- [ ] 2 cups water
- [ ] 1 bouquet garni (a few sprigs of fresh thyme and 2 bay leaves tied together)
- [ ] 1 tsp black peppercorns
- [ ] 2 tbsp unsalted butter
- [ ] 1/4 cup fresh parsley, chopped
- [ ] Salt to taste

Instructions

1. Pat the lamb chunks very dry with paper towels. Season generously with salt and pepper. Heat the olive oil in a large, heavy-bottomed Dutch oven or pot over medium-high heat. Working in batches to avoid crowding, brown the lamb on all sides, about 5-7 minutes per batch. Transfer the browned lamb to a plate and set aside.

2. In the same pot, add the diced turkey ham. Cook for about 3-4 minutes until it starts to render and get a little crispy. Add the chopped onion and carrot coins. Cook, stirring occasionally, until the vegetables have softened and the onions are translucent, about 8-10 minutes. Add the minced garlic and cook for one more minute until fragrant.

3. Push the vegetables to the side and add the tomato paste to the center of the pot. Let it cook for a minute or two, stirring, until it darkens slightly. Sprinkle the flour over everything and stir to coat, cooking for another minute to remove the raw flour taste.

4. Slowly pour in the beef broth and water, scraping the bottom of the pot with a wooden spoon to lift all the browned bits. This is where so much flavor is! Return the browned lamb and any accumulated juices to the pot. Add the pearl onions, the bouquet garni, and the peppercorns.

5. Bring the stew to a simmer, then reduce the heat to low. Cover the pot and let it simmer very gently for about 3 hours, or until the lamb is fork-tender. Check on it occasionally, giving it a stir and ensuring it's just bubbling softly.

6. Once the lamb is tender, remove the bouquet garni. Stir in the butter until it melts and glazes the sauce. Taste and adjust seasoning with more salt if needed. Just before serving, stir in the fresh parsley. Let it rest off the heat for 10 minutes before ladling into bowls.

Nutrition per serving

480 kcal	38 g	18 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- This stew tastes even better the next day as the flavors meld.
- Don't skip browning the lamb and tomato paste; it's crucial for depth of flavor.
- If the sauce is too thin at the end, you can simmer it uncovered for 10-15 minutes to reduce.