

Boeuf Noir (Beef in Pinot Noir)

This dish is a Cooks Illustrated version of the classic French dish—Boeuf Bourguignon—which is beef roast in a burgundy wine sauce. I add my own touch by using a bit of mushroom soy to darken the sauce. Ren Manning points out that it isn't an authentic Boeuf Bourguignon (this method doesn't require roasting bones). Because red Burgundy wine is the same as a Pinot Noir, I christened this



dish Boeuf Noir. It is a crowd pleaser for those who love rich beef sauce. It still takes an hour and a half of prep time in addition to three hours in the oven. It gets better with age so you should consider making it a day ahead and then reheating it. It is also easier to remove the fat if the sauce is refrigerated. Serve it with a starch like mashed potatoes, noodles, or rice that will absorb the gravy. I find salt pork in the deli cabinet of the supermarket. If you cannot find it, use salt cured bacon. I found pearl onions at Sparrow Market in Kerrytown. If you cannot find pearl onions without cream sauce, rinse the onions to remove the sauce.

Ingredients:

- 1 1/2 cups frozen pearl onions
- 4 cups water
- 4 tsp. Better than Bullion low sodium beef concentrate
- 4 lb. boneless chuck roast
- 1 1/2 tsp. salt
- 6 oz. salt pork (or bacon)
- 3 Tbsp. unsalted butter (divided)
- 1 lb. Cremini mushrooms (or baby bellas)
- 2 medium onions (2 cups chopped)
- 3 carrots (1 cup chopped)
- 6 cloves of garlic
- 1/3 cup flour
- 750 ml (one bottle) pinot noir (divided)
- 5 tsp. unflavored gelatin
- 1 Tbsp. tomato paste
- 1 tsp. anchovy paste
- 2 bay leaves
- 1/2 tsp. black peppercorns
- 1/2 oz. dried porcini (or wood ear) mushrooms
- 6 sprigs thyme (or 2 tsp. dry thyme)
- 1 Tbsp. mushroom soy sauce
- 10 sprigs of parsley

Equipment:

- Large roasting pan (six cups of liquid should be about an inch deep)
- Rimmed baking sheet

☑	Directions	Time (min)		
	Thaw frozen pearl onions	25		
	Preheat oven to 500 degrees			
	Heat 4 cups water to simmering			5
	Mix 4 tsp. beef concentrate and hot water			1
	Cut out 2" chunks of meat that have minimal fat. Cut remaining meat into small pieces (scrap) and retain			5
	Toss beef chunks with 1 1/2 tsp. salt and let stand at room temperature			1
	Cut salt pork into 1" pieces			1
	Combine beef scraps, salt pork and 2 Tbsp. butter in roasting pan			1
	Clean and slice Cremini mushrooms			2
	Combine Cremini mushrooms, pearl onions and 1 Tbsp. butter in rimmed baking sheet			1
	Place roasting pan on one rack and baking sheet below it and roast	15		
	Peel and chop 2 cups onions, 1 cup carrots, and 6 cloves garlic			10
	Remove mushroom mixture from oven, transfer to a bowl and refrigerate. Place roasting pan on stove top. Reduce oven heat to 350.	2		
	Sprinkle beef scraps in roasting pan with 1/3 cup flour and stir.	2		
	Add broth, half the wine, 5 tsp. gelatin, 1 Tbsp. tomato paste, and minced anchovy fillet. Whisk	3		
	Add onions, carrots, garlic, 2 bay leaves, 1/2 tsp. peppercorns, 1/2 oz. porcini mushrooms, and 6 sprigs thyme. Stir to combine.	2		
	Place beef chunks on the mixture so that 1/4 of each chunk is above the liquid. Use a submerged plate if necessary to raise meat if the liquid is too deep or add water if not deep enough	2		
	Roast at 350 degrees. Stir after 90 minutes. Add water if necessary to keep 3/4 submerged.	90		
	Roast at 350 degrees. Check liquid level. Exposed meat is dark brown	60		
	Remove pan. Transfer beef chunks to bowl with mushrooms.	1		
	Strain roasting liquid into a bowl. Press solids to extract maximum liquid. Discard solids.	2		
	Add remaining wine, 1 Tbsp. mushroom soy to liquid and stir.	10		
	Place in freezer for 1 hour and then remove hardened fat from surface	60		
	Mix 1Tbsp. in 1 Tbsp. water. Transfer liquid to a Dutch oven. Bring to a simmer, and then add the cornstarch. Simmer to thicken	5		
	Reduce heat. Add beef, mushrooms, and onions. Cover and simmer	8		
	Mince 10 sprigs of parsley			1
	Transfer to a serving bowl. Stir in parsley, sprinkle some on top and serve			2
	Total	5 hr.		