

Clark Farms Boeuf Bourguignon

- 3.5 to 4 pounds of **Clark Farms 100% grass fed chuck roast, cross rib roast, shank steaks or stew meat**-cut in 2 inch cubes or left whole
- 6 to 8 ounces **Clark Farms bacon**, cut crosswise into ¼ thick strips
- 3 tablespoons of butter or olive oil
- 12 ounces shallots, peeled and cut in half
- 12 ounces mushrooms cut in half
- 1 carrot, peeled and sliced, plus 3 more cut across on the bias into 2 inch wedges
- 1 onion, sliced
- 2 to 3 cloves garlic, finely chopped
- 3 tablespoons all-purpose flour or substitute 3 potatoes as a thickener
- 3 cups red wine, preferably burgundy, cabernet sauvignon or a hearty red
- 1 ½ teaspoon dried thyme or sprig of fresh thyme, leaves only, no stems
- ¼ teaspoon of black pepper
- 1 teaspoon of salt

Brown bacon in a cast iron skillet and remove and place in a crock pot or Dutch oven. Pour off all but 2 tablespoons of fat.

Pat dry the beef with a paper towel and add meat to skillet to brown. If you cubed the beef, too much meat in the skillet at one time will not allow the beef to brown so brown in portions. Transfer the beef to a crock pot or Dutch oven.

Add 1/3 the butter or olive oil to the skillet and sauté shallots and 2 inch carrot wedges. Cook until evenly golden. Place in a side dish. Use half of the remaining butter or olive oil and sauté mushrooms. Remove mushrooms and add to the dish of shallots and carrot wedges and place side dish in the refrigerator.

Sauté onions in remaining butter or olive oil and then add sliced carrot and minced garlic and sauté for 3 minutes stirring frequently. Sprinkle the flour and cook for 2 minutes more until it turns light golden.

Add the wine, tomato paste and herbs to skillet of carrots, garlic, onions and flour and bring to a boil stirring frequently scraping the skillet getting all the drippings. If using potatoes instead of flour to thicken, follow the above step but omit the flour. Cube potatoes and add directly to crock pot or Dutch oven for cooking.

Pour the liquid mixture into the crock pot or Dutch oven covering the meat. Add stock or water if needed to cover the meat when pressed down. Clark Farms stock bones make a healthy and delicious beef stock. If using a Dutch oven, cook covered in the lower third of a preheated 350-degree oven cooking for 3 to 6 hours until meat is very tender. If using a crock pot, cook covered on high or low, depending on your crock pot, for 6 hours.

When meat is fork tender, add the mushrooms, shallots and carrot wedges and stir in. Continue to cook for 30 minutes. Top with fresh parsley and serve over noodles or rice.