FRENCH · DINNER

Boeuf Bourguignon (French Beef Braised in Red Wine)

Boeuf bourguignon

175 min · plus 1½–2 hours marinating Serves 6 821 kcal a serve

Video 12:46 in French · Philippe Etchebest

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No nuts listed

About 55 g of protein a serve from slow-braised beef shoulder, with about 12 g net carbs and less than 2 g of added sugar in the glossy wine sauce.

Ingredients 18 · SERVES 6

- [ ] 1.5 kg **beef shoulder** (paleron), or other stewing beef, cut into large chunks
- [ ] 4 **carrots**, cut into large chunks on the diagonal
- [ ] 2 **onions**, cut into large pieces (strained out of the sauce)
- [ ] 1 **leek white**, cut into long pieces (strained out of the sauce)
- [ ] 4 cloves **garlic**, crushed (strained out of the sauce)
- [ ] 3 sprigs **thyme**
- [ ] 3 **bay leaves**
- [ ] 1 tsp **crushed black peppercorns**
- [ ] **coarse salt**, to taste
- [ ] 1.2 L **full-bodied red wine** (much of it cooks and reduces away)
- [ ] 1 L **water**, or beef or veal stock (reduces in the sauce)
- [ ] 3 tbsp **sunflower oil** (or another high-heat oil)
- [ ] 30 g **plain flour**
- [ ] 60 g **butter**, for the sauce
- [ ] 1 tsp **sugar**
- [ ] 1 tsp **fruit jelly or jam** (redcurrant jelly; he uses blueberry jam)
- [ ] 2 tbsp **fresh blackberries or blueberries** (optional)
- [ ] chopped **chervil or parsley**, to serve

Allergens found in the listed ingredients: Gluten, Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the vegetables. Cut the carrots into large diagonal chunks, the leek white into long pieces and the onions into big pieces. Crush the garlic cloves and remove any green germ. 0:40
2. Trim the membrane off the beef shoulder and cut it into thick strips, then into large chunks. 2:32
3. Put the beef and vegetables in a casserole with coarse salt, thyme, bay leaves and crushed pepper. Pour in the red wine and the water (or veal stock) and marinate for 1½–2 hours at room temperature (in the fridge if you marinate longer). 3:23
4. Heat the oven to 200 °C. Lift out the beef and bring the wine and vegetables to the boil in the casserole. Brown half the beef in very hot oil in a frying pan for about 5 minutes, add it to the pot and deglaze the pan with a ladle of the wine. 4:27
5. Brown the second batch, dust it with the flour and put the pan in the oven for 10 minutes to toast the flour. Add it to the pot, deglaze the pan again, and simmer gently for 1¾–2 hours until the beef is tender. 6:14
6. For the glossy sauce, boil a little red wine with the berries and sugar until syrupy, stir in the fruit jelly, then pour in the strained cooking liquid and reduce until it coats a spoon. Season. 8:25
7. Whisk the butter into the sauce, return the beef and carrots (discard the onion, leek and herbs) and spoon the sauce over until shiny. Finish with pepper and chopped chervil or parsley. 10:08

> **Tip** Serves 6. Etchebest serves it with fresh tagliatelle; steamed green beans, celeriac mash or cauliflower keep it lower in carbs. Like most braises it tastes even better the next day and freezes well.

The method is a summary in our words, in English — the video (in French) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
821 kcal 3,440 kJ	**56** g 111% of a day	**14** g 12 g net · 4.8 g sugars 5% of a day	**2** g 7% of a day	**51** g 20 g saturated 65% of a day	**510** mg 22% of a day

Energy from net carbs 7% · protein 31% · fat 62% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 167% · Zinc 117% · Selenium 96% · Omega-3 64% · Vitamin A 51% · Vitamin B6 39% · Iron 30% · Vitamin K 25%

Source of (10–19%) Vitamin E 19% · Potassium 16% · Magnesium 14%

Recipe and video: Philippe Etchebest (@ChefEtchebest) on YouTube — youtube.com/watch?v=F_53yUD3Je4, published 7 December 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/boeuf-bourguignon-etchebest