

Foodnity Recipes

French Beef Bourguignon Recipe for a Cozy Dinner

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

Ingredients

Main Ingredients

- [ ] 3 lbs beef chuck, cut into 2-inch cubes
- [ ] 1/4 cup all-purpose flour
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper
- [ ] 3 tbsp vegetable oil
- [ ] 1 lb carrots, peeled and cut into chunks
- [ ] 10-12 pearl onions, peeled
- [ ] 4 cloves garlic, minced

Braising Liquid & Herbs

- [ ] 4 cups high-quality beef stock
- [ ] 2 tbsp tomato paste
- [ ] 3 sprigs fresh thyme
- [ ] 2 bay leaves
- [ ] 1 tbsp Worcestershire sauce
- [ ] 1 tbsp butter

Instructions

1. Pat the beef cubes dry with paper towels. In a bowl, mix flour, salt, and pepper. Toss the beef in the flour mixture until evenly coated. This ensures the sauce thickens naturally later.
2. Heat oil in a large Dutch oven over medium-high heat. Brown the beef in batches, making sure not to crowd the pan. Cook until each piece has a deep brown crust, then remove and set aside on a plate.
3. In the same pot, add the carrots and pearl onions. Sauté for about 5-7 minutes until the onions are slightly golden. Stir in the minced garlic and tomato paste, cooking for just another minute until fragrant.
4. Slowly pour in the beef stock and Worcestershire sauce, scraping the bottom of the pot with a wooden spoon to release all those brown bits—that's where the flavor lives.
5. Return the browned beef and any juices back into the pot. Tuck in the thyme sprigs and bay leaves. Bring the liquid to a gentle simmer.
6. Cover the pot with a tight lid and place it in a preheated oven at 325°F (160°C). Let it braise undisturbed for about 2.5 to 3 hours, or until the beef is fork-tender.
7. Remove the pot from the oven. Take out the bay leaves and thyme stems. If the sauce needs thickening, simmer on the stove for a few minutes. Stir in a knob of butter at the end for a glossy finish.

Nutrition per serving

420 kcal	38 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you don't have pearl onions, sliced shallots or regular diced onions work just fine.
- For a deeper color, ensure the beef is seared until it's truly brown, not just grey.
- If you are using a slow cooker, the searing step is still essential for the flavor.