

Classic Boeuf Bourguignon

(InstantPot)

Serves 4-6

- 1.4 kg boneless beef cut into 2-in cubes and patted dry
- 2¼ tsp kosher salt
- ½ tsp ground black pepper
- 84 g block bacon,
- 1 onion, finely chopped
- 1 large carrot, cut into 6 -mm thick coins (about 1¼ C)
- 2 T all-purpose flour
- 2 garlic cloves, minced
- 1 tsp tomato paste
- 480 ml dry red wine
- 1 large bay leaf
- 1 large spring fresh thyme
- 230 g pearl onions (about 2½ C)
- 1 T unsalted butter
- pinch of sugar
- 230 g mushrooms
- chopped fresh parsley, for serving



1. Season **beef** with 2 tsp **salt** and **pepper**, and let rest while sauteing the bacon.
2. Using the **Sauté** function, cook the **bacon** in the pressure cooker until browned and crispy, **7-12 minutes**. Transfer to paper-towel-lined plate. Reserve fat in pressure cooker.
(Or, just do this in a frying pan on the stove)
3. Increase the heat to **high**, if available. Arrange a bath of the beef cubes in a single layer in the pressure cooker, leaving a space between the pieces. Cook until well browned on all sides, **8-12 minutes**, transferring to a plate as they brown. Repeat with remaining beef.
4. Stir the **onion** and **carrot** into the pressure cooker (or frying pan) and cook until they start to soften, **about 5 minutes**.
5. Stir in the **flour**, **garlic**, **tomato paste**, and remaining ¼ tsp **salt**, and cook until fragrant, **about 2 minutes**.
6. Stir in **wine**, **bay leaf**, and **thyme spring**, scraping up the browned bits on the bottom of the pot.
7. Add the browned **beef** and **half of the cooked bacon** to the pressure cooker (or transfer everything to the cooker if using a frying pan).
8. Cover and cook on **HIGH pressure for 20 minutes**. **Allow the pressure to release naturally**.
9. Open the lid, turn on the **Sauté** function, and cook until the sauce is thick, **7-12 minutes**.
10. Meanwhile, cook the **pearl onions** and **mushrooms**:
 - (1) In a large skillet set over high heat, combine the **pearl onions**, **butter** and a pinch each of **salt**, **pepper**, and **sugar**.
 - (2) Bring to a simmer, and then cover and reduce the heat to medium; cook until the onions turn golden brown, **15 minutes**.
 - (3) Uncover and add the **mushrooms**, raise heat to high and cook, tossing frequently, until all the vegetables are well browned, **5-7 minutes**.
11. To serve, scatter the onions and mushrooms and remaining cooked bacon over the stew, then top with the parsley.