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# The HUNDRED-FOOT JOURNEY

IN THEATERS AUGUST 8

## Beef Bourguignon a la Hassan

Created By Chef Floyd Cardoz

6-8 portions



### Ingredients

- 4 tablespoons Canola oil
- 2 ½ lbs boneless short ribs of beef  
fat removed and cut into 1½ x 1½  
inch pieces
- Salt and pepper
- ¾ cup AP flour
- 6 ounces apple wood smoked bacon, cut into  
¼-inch pieces
- 2 tablespoons butter
- 4 cloves tied in a string
- 2 bay leaves
- 18 small pearl onions peeled
- 18 baby carrots, peeled and cut into half if  
longer than 2 inches otherwise kept whole
- 18 baby turnips, peeled and cut into half's
- ½ pound chanterelles mushrooms, cleaned  
trimmed and cut in half

- 2 onions, diced
- 1 garlic head, cloves separated, peeled, and  
chopped
- 1½ tablespoons fresh root ginger minced
- 1 tablespoons freshly ground cumin
- 1 tablespoons ground brown mustard seed
- 2 tablespoons tomato paste
- ½ teaspoon black pepper freshly ground
- ½ tablespoons Aleppo pepper
- 1 (750-ml) bottle red Burgundy wine
- 1 Quart white beef stock
- 4 sprigs thyme
- 2 tablespoons brown sugar

#### For garnish

- ¼ cup parsley
- ¼ cup chervil picked

### Method

1. Pre heat oven to 325 degrees F
2. Season the beef with salt and pepper and  
lightly coat with the flour keep at room  
temperature for 30 minutes. Reserve  
extra flour
3. Place a large stew pot over moderate heat  
and add the bacon and canola oil. Cook  
until fat is rendered. Remove bacon.
4. In the same pot sear the short ribs until  
brown on all sides. Remove and set  
aside.
5. Add the onions, garlic, ginger, cumin,  
mustard seed, and tomato paste. Cook  
for 2 minutes.
6. Add the black pepper, Aleppo pepper,  
and thyme. Cook for 2 minutes.
7. Deglaze with the wine and bring to a  
boil add the beef stock and bring up  
to a boil.
8. Add the bacon and the short ribs to  
the pan. Bring up to a boil reduce heat.
9. Add the ground spice and cook  
for 2 minutes more. Add the left over  
flour and the tomato paste and cook  
for 2 minutes.
10. Deglaze with the wine and bring to a  
boil add the beef stock and bring up  
to a boil.
11. Add the bacon and the short ribs to  
the pan. Bring up to a boil reduce heat.

4. In the same pot sear the short ribs until lightly colored. Take care not to burn the pan.
5. Remove the beef and add the pearl onions cook for 2-3 minutes. Remove the onions and reserve
6. Repeat this process with the carrots and turnips.
7. Add the chanterelles and sauté for 1 minute, remove and reserve.
8. Add the butter to the left over oil and add the cloves, bay leaf and cook for 1 minute. Add minced onion, garlic and ginger cook for 4-5 minutes until transparent

9. Add the wine and cook until the pan is dry up to a brown sauce level. Add thyme. Season
12. Place the pot in the oven and cook approximately 2 to 2½ hours
13. Add the carrots, turnips and the pearl onions. Cook for 30 minutes more.
14. Take out of oven add sugar and remove clove, parsley and bay leaves. Add the chanterelles. Re-season with salt
15. At this time the stew should be not as saucy and a bit thicker
16. This stew tastes better the next day.
17. Garnish with picked parsley and chervil

**#100FootJourney**