

Knowledge @ Noon

Bon Appetit!



Photo Source: Wikimedia Commons

Remembering Julia Child

Wednesday, April 19, 2023

Marais Des Cygnes Extension District

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Master Foods

April 2023

Julia Child and French Cuisine

CREPES

Makes 16 to 18 crepes – Per crepe is 56 calories

2 eggs, beaten

1 ½ cups milk

1 cup all-purpose flour

1 tablespoon vegetable oil

¼ teaspoon salt

In a medium mixing bowl, combine eggs, milk, flour, oil, and salt; whisk until smooth.

Heat a lightly greased 6-inch skillet over medium-high heat; remove from heat. Spoon in 2 tablespoons batter; lift and tilt skillet to spread batter evenly. Return to heat; cook for 1 to 2 minutes or until browned on one side only. Invert over paper towels; remove crepe. Repeat with remaining batter, greasing skillet occasionally. If crepes are browning too quickly, reduce heat to medium.

CHOCOLATE-HAZELNUT CREPES

Prepare as directed, except for each crepe spread unbrowned side with 1 tablespoon chocolate-hazelnut spread. Sprinkle 1 tablespoon chopped toasted hazelnuts along one edge of crepe; roll up from the filled edge.

STRAWBERRY-CREAM CHEESE CREPES

Prepare as directed, except for each crepe spread unbrowned side of a cooled crepe with 2 tablespoons whipped cream cheese. Arrange ¼ cup sliced fresh strawberries along one edge of crepe. Drizzle with 1 teaspoon honey; roll up from the filled edge.

Source: Better Homes and Gardens 16th Edition Cookbook 2014

Submitted by: Judy Welter, MFV



BERRY



CHOCOLATE



LUNCHEON



TACO

Julia Child's Vichyssoise Recipe

- 3 cups peeled, sliced potatoes
- 3 cups sliced white of leek
- 1-1/2 quarts chicken stock or broth
- 1/2 to 1 cup whipping cream
- Salt and white pepper, to taste
- 2 to 3 tablespoons chives, minced

Prepping the Ingredients

The biggest chore for this recipe is prepping the ingredients. That means peeling and slicing the potatoes and thinly slicing the leeks. And when it comes to leeks, you must always remember to [clean them thoroughly](#)! A good rinse will help to ensure your soup is free of dirt and grit.

Making the Soup

Once the vegetables are prepped, all that's left to do is to simmer them in stock (along with a pinch of salt) until tender. Julia recommends simmering in a partially covered pot for about 40 to 50 minutes. Once the vegetables are tender, you can puree the soup using an [immersion blender](#), or carefully transfer the soup to a high-powered pitcher blender and puree until smooth. Then all that's left to do is season with salt and white pepper and stir in the heavy cream.

Taste of Home

French Bread (makes 2 loaves)

$\frac{3}{4}$ c warm water

1 pkg yeast

1 Tbsp canola oil

1 Tbsp sugar

Combine these 4 ingredients. Then slowly add:

2 tsp salt

3.5-4 c flour

Dough should be stiff but still slightly sticky. Cover and let rest 10 min.

Stir dough every 10 minutes. Do this 5 times.

Turn out dough on floured surface. Divide in half. Let rest 10 minutes.

Roll each ball into a 9x12 in rectangle.

Roll up like a jelly roll, starting with the long side.

Seal the edge and place on a greased baking sheet.

Score the top 5-6 times.

Cover and rest 1.5 hours.

Bake at 350 degrees for 25-30 minutes.

Jenni Miller's recipe. Submitted by Mary Ann Maisch, MFV.

[Julia Child Foundation for Gastronomy and the Culinary Arts](#) verified some quotes from Julia Child, the iconic chef, author, and host of WGBH's *The French Chef*. After all, Julia had a way with words as much as she had a way with making French cuisine accessible to all.

There are a ton of quotes out there attributed to Julia Child, on everything from butter to romance.

Here are 14 bona fide, verified quotes from Julia Child:

1. "If you're afraid of butter, use cream."
2. "I think every woman should have a blowtorch."
3. "You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients."
4. "Always remember: If you're alone in the kitchen and you drop the lamb, you can always just pick it up. Who's going to know?"
5. "I was 32 when I started cooking; up until then, I just ate."
6. "This is my invariable advice to people: Learn how to cook—try new recipes, learn from your mistakes, be fearless and above all have fun."
7. "People who love to eat are always the best people."
8. "I believe in red meat. I've often said: red meat and gin."
9. "The more you know, the more you can create. There's no end to imagination in the kitchen."
10. "A cookbook is only as good as its poorest recipe."
11. "I think careful cooking is love, don't you? The loveliest thing you can cook for someone who's close to you is about as nice a Valentine as you can give."
12. "Drama is very important in life: You have to come on with a bang. You never want to go out with a whimper. Everything can have drama if it's done right. Even a pancake."
13. "Celebrity has its uses. I can always get a seat in any restaurant."
14. "The only time to eat diet food is while you're waiting for the steak to cook."

Fun Facts about Julia Child

Was a collector of rubber stamps.

On August 19, 2002, her kitchen was opened as an exhibit at the National Museum of American History in Washington, DC. The exhibit ran until February 2004 and became part of the museum's permanent collection.

During WWII, she held a job with the Office of Strategic Services, a forerunner of the CIA. She started as a clerk and rose to the rank of registrar. Her position put her in control of top secret and other highly sensitive documents.

During World War II, she was part of the team of people who invented shark repellent. Julia's shark repellent is still used by the U.S. Navy.

When spoofed by [Dan Aykroyd](#) on [Saturday Night Live](#) (1975), she thought it was hilarious and kept a copy of the skit for herself.

Biography/bibliography in: "Contemporary Authors". New Revision Series, Volume 170, pages 56-60. Farmington Hills, MI: Gale, Cengage Learning, 2008.

Biography in: "The Scribner Encyclopedia of American Lives". Volume 7, 2003-2005, pages 80-83. Farmington Hills, MI: Thomson Gale, 2007.

She graduated from Smith College.

She is survived by her sister, Dorothy McWilliams Cousins, of Mill Valley, California and several nieces and nephews.

She was awarded the French Legion of Honor in 2000 for her services to French culinary arts and the United States Presidential Medal of Freedom 2003.

She was an active member of the International Association of Culinary Professionals.

She helped establish the American Institute of Wine and Food, and later, Copia: The American Center for Wine, Food, and the Arts.

She was the first woman inducted into the Culinary Institute of America's Hall of Fame.

Mentor/friend of [Sara Moulton](#).

She did not learn to cook until she was thirty-two years old.

Announced that she plans to move into a Montecito, California retirement home in November 2001. Is donating her Cambridge, Massachusetts home to her alma mater, Smith College. [July 2001]

Grand aunt of author/journalist [Alex Prud'homme](#).

Pictured on one of a set of five nondemominated USA commemorative postage stamps honoring Celebrity Chefs, issued 26 September 2014. Price on day of issue was 49¢. Others honored in this set are [James Beard](#), Joyce Chen, Edna Lewis, and Felipe Rojas-Lombardi.

Was portrayed by Meryl Streep in the film "Julie and Julia".

Julia was the eldest of three siblings and at 6' 3" the shortest. John, second eldest, was 6' 4" and Dorothy, the youngest, was 6' 5".

She was the daughter of Julia Carolyn (Weston) and John McWilliams, Jr. Through her mother, she had deep Colonial American roots in Massachusetts, going back to the 1600s.

Use "Mise en Place" to Make Meal Preparation Easier



Mise en place (MEEZ ahn plahs) is a French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out. It is a technique chefs use to assemble meals so quickly and effortlessly.

Practicing mise en place has several benefits:

- Any missing ingredients can be spotted before it's too late for a quick trip to the store or your neighbor next door.
- Special preparation for ingredients -- such as toasting nuts, letting certain ingredients come to room temperature, etc. -- can be handled BEFORE cooking rather than in the midst of another preparation step when time delays may affect food quality.
- There is time to clean the mixing area as you go along rather than face a counter full of mixing equipment when you're done.
- You can group ingredients or place them in the order used to assure all recipe steps are included.
- It makes complicated recipes more fun to prepare when you're no longer doing a juggling act, trying to complete several tasks simultaneously.
- Hint: You may find it helpful and that it brings out your "inner chef" to buy a set of 4 or more "pinch" or "mini" bowls.
- They come in different sizes and may hold from about 1 to 3 ounces. You often will see TV chefs using these to hold smaller amounts of such ingredients as spices, a single egg, a couple tablespoons of cornstarch, etc. As another option, a set of smaller-sized custard cups may work as well for you.

Article originally written by Alice Henneman. Updated and reviewed in 2020.

JULIA CHILD'S COQ AU VIN

yield: 4 SERVINGS

prep time: 45 MINS

cook time: 30 MINS

total time: 1 HR 15 MINS

Julia Child's Coq Au Vin is undeniably the best. This recipe sticks very much to the original, only minorly changing the ingredients and cooking method to bring it in line with the times. While Coq au Vin (or chicken in wine) might sound fancy, it is really just a simple French chicken stew that anyone can master. Don't be intimidated, this recipe is very easy to follow.

INGREDIENTS

- 4 chicken thighs
- 4 chicken drumsticks
- 1 ½ cups red wine
- 1 cup chicken stock
- Optional: ¼ cup brandy
- 3 strips bacon, *cut into ½ inch pieces*
- 1 medium onion, *quartered then thinly sliced*
- 4 medium carrots, *cut into 1-inch piece*
- 4 cloves garlic, *minced*
- 2 tablespoons tomato paste
- 2 teaspoons fresh thyme leaves
- 8 ounces mushrooms, *thickly sliced*
- 8 ounces pearl onions, *peeled*
- Beurre manie, *see notes for the options*

INSTRUCTIONS

- 1 Place the chicken thighs and drumsticks in a medium-sized bowl and pour the wine, chicken stock, and (if using) the brandy over the top. Prep the vegetables.
4 chicken thighs, 4 chicken drumsticks, 1 ½ cups red wine, Optional: ¼ cup brandy,
1 cup chicken stock
- 2 Add the bacon to a large, high-sided pan or braiser over medium-high heat. Cook until the bacon is crispy, about 8 minutes, then remove it from the pan with a slotted spoon.
3 strips bacon

- 3 Remove the chicken from the wine marinade (save the wine) and dry the chicken with paper towels. Working in 2 batches if needed, place the chicken in the pan, skin side down. Sear until it is golden on both sides (about 5 minutes on each side) and then remove the chicken. Pour all but 2 tablespoons of the bacon/chicken oil into a heatproof dish and set it aside.
- 4 Add the sliced onion and carrots to the pan and let them cook until the onion is golden brown, about 7-8 minutes. Add the garlic to the pan and let it cook for 1 minute.
1 medium onion, 4 medium carrots, 4 cloves garlic
- 5 Push the vegetables to the side of the pan and add the tomato paste. Cook the tomato paste until it is fragrant and begins to darken. Pour the reserved wine marinade into the pan, scraping the bottom to remove any stuck-on bits.
2 tablespoons tomato paste
- 6 Nestle the chicken into the pan and sprinkle the thyme over top. Cover the pan, turn the heat to low, and simmer for 20 minutes.
2 teaspoons fresh thyme leaves
- 7 Pour 1 tablespoon of the reserved oil (or use olive oil) into a large skillet. Add the mushrooms and saute over medium-high heat until brown, about 10 minutes.
8 ounces mushrooms
- 8 Add the pearl onions to the pan with the chicken and cook for 10 minutes more.
8 ounces pearl onions
- 9 In a small bowl mix together your choice of beurre manie. Remove the chicken from the pan then add the beurre manie. Stir it into the sauce and let it thicken. Season to taste with salt and pepper.
- 10 Add the chicken back into the pan and top with the cooked bacon and mushrooms. Sprinkle with a little fresh thyme.

NOTES

Beurre manie options:

- **Traditional beurre manie:** 2 tablespoons flour + 2 tablespoons softened butter
- **Paleo and gluten-free beurre manie:** 2 tablespoons tapioca starch + 1 tablespoon softened butter
- **Dairy-free beurre manie:** 2 tablespoons flour + 2 tablespoons dairy-free margarine

NUTRITION INFORMATION: *serving: 1 = ¼ of the recipe, calories: 635kcal, carbohydrates: 26g, protein: 40g, fat: 34g, saturated fat: 10g, polyunsaturated fat: 7g, monounsaturated fat: 14g, trans fat: 1g, cholesterol:*



Julia Child's French Onion Soup

Servings
6-8 servings

Prep time
30 minutes

Cooking time
2 hours

Ingredients

5-6 cups yellow onions, thinly sliced

1 tablespoon cooking oil

2 tablespoons butter

1/2 teaspoon sugar

1 teaspoon salt

3 tablespoons flour

6 cups beef stock (better if homemade)

1/2 cup wine (dry white wine or dry white vermouth)

8 slices French bread, about 1-inch thick

4 tablespoons olive oil for drizzling

Salt and pepper to taste

2-3 tablespoons cognac

1/2 raw yellow onion, grated

12 ounces Swiss cheese, grated

4 ounces parmesan cheese, grated

Directions

- 1 Place a heavy-bottom stockpot or dutch oven on a stove over medium-low heat. Add cooking oil and butter. Saute onions until evenly coated with oil and butter.

- 2** Cover the pot and let it sit until onions are soft and translucent, about 20 minutes. For caramelized onions, turn the heat to medium or medium-high. Stir in sugar and salt and cook uncovered, stirring often until onions are browned and reduced.
- 3** Reduce heat to medium-low and stir in the flour. Stir for 2-3 minutes, or until the flour and butter form a thick paste. If paste not achieved, add more butter.
- 4** Mix in 1 cup of warm beef stock. Scrape the bottom of the pan to prevent scorching. Stir in the remaining stock and wine. Let the soup simmer for 30 minutes.
- 5** For the croutons or toasted bread, preheat your oven to 325 degrees F. Drizzle bread with olive oil and place on a baking sheet. Bake the bread for 15 minutes at 325 degrees F. Flip the slices over and bake for another 15 minutes.
- 6** Once the soup has simmered, preheat your oven to 350 degrees F.
- 7** Salt and pepper to taste.
- 8** Pour the soup into a casserole dish. Stir in cognac, the 1/2 raw onion (grated), and a few ounces of Swiss cheese.
- 9** Top the soup with toasted bread in a single layer. Top the bread with the remaining Swiss and Parmesan cheese. Be sure all the edges of bread are covered to avoid burning. Drizzle with oil or melted butter.
- 10** Bake the casserole at 350 degrees F for 30 minutes. Turn on the broiler and brown the cheeses.
- 11** Let the soup cool for a few minutes before serving. Enjoy!

Quiche Lorraine

An easy Quiche Lorraine recipe made with cheddar, swiss, parmesan cheese, and bacon served in a flaky pie crust. A classic recipe inspired by Julia Child's Quiche Lorraine.



Prep Time
15 mins

Cook Time
1 hr

Total Time
1 hr 15 mins



5 from 24 votes

Course: Breakfast Cuisine: American, French Servings: 12
Calories: 307kcal Author: Lauren Allen

Ingredients

- 1 Homemade pie crust , unbaked*
- 8 slices bacon
- 1/2 onion chopped
- 1/2 cup shredded cheddar cheese
- 1 cup Swiss cheese
- 1/2 cup freshly grated parmesan cheese
- 4 large eggs , lightly beaten
- 1 cup heavy cream
- 1 cup milk
- 1/4 teaspoon ground nutmeg
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Instructions

1. Preheat the oven to 350 degrees. Prepare your pie pan with your unbaked pie crust. Pre-bake your pie crust for 8 minutes
2. (I always use pie weights or dry beans or rice on top of parchment paper to keep the crust from shrinking. After the 8 minutes, remove the pie weights and parchment paper.)
3. Meanwhile, cook bacon, in a skillet. Once cooked, remove to a plate and chop. Remove most of the grease from the pan and add onion. Saute for 2 minutes.
4. Layer the bottom of the pie crust with cheddar and Swiss cheeses. Add bacon and onion on top.
5. Mix the eggs, cream, milk and spices in a bowl. Gently stir while pouring over crust to evenly distribute all of the spices. Sprinkle shredded parmesan cheese on top.
6. Bake at 350 degrees for 45 minutes - 1 hour, depending on your oven, until the center of the quiche is just set. If you notice the pie crust is browning too much you can place a piece of tinfoil over it while cooking. (I don't usually need to do this).
7. Remove from oven and allow to cool for 5-10 minutes before slicing. Store leftovers, covered, in the fridge.

Notes

*I highly recommend using a homemade pie crust in this recipe, not just because it tastes better, but because store-bought crusts are so thin and tend to over-brown and turn crumbly and dry when baked for as long as this quiche bakes for.

Make Ahead And Freezing Instructions:

To make ahead: Bake the quiche according to instructions, allow it to cool completely, cover it and put it in the fridge for 2-3 day. Eat it cold or re-heat in the microwave or oven.

To freeze: Bake the quiche according to instructions, allow it to cool completely and wrap it really well with a few layers of tinfoil. Freeze it for up to 2 months. To reheat quiche, allow the quiche to thaw in the fridge overnight (if frozen) and bake at 350 degrees for 20-30 minutes or until warmed through.

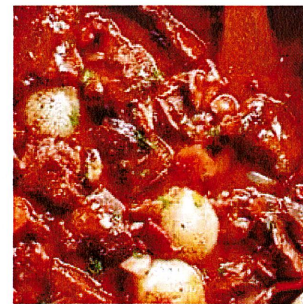
Nutrition

Calories: 307kcal | Carbohydrates: 9g | Protein: 11g | Fat: 24g | Saturated Fat: 11g | Cholesterol: 126mg | Sodium: 453mg | Potassium: 134mg | Sugar: 1g | Vitamin A: 590IU | Vitamin C: 0.5mg | Calcium: 202mg | Iron: 0.8mg

<https://tastesbetterfromscratch.com/quiche-lorraine/>

Beef Bourguignon

Tender fall apart chunks of beef simmered in a rich red wine gravy makes Julia Child's Beef Bourguignon an incredible family dinner. Slow Cooker, Instant Pot/Pressure Cooker, Stove Top and the traditional Oven method included! Easy to make, every step is worth it.



4.95 from 113 votes

Prep Time

15 mins

Cook Time

3 hrs

Total Time

3 hrs 15 mins

Course: Dinner Cuisine: French Keyword: Beef Bourguignon

Servings: 6 - 8 people Calories: 673kcal Author: Karina

Ingredients

- 1 tablespoons extra-virgin olive oil
- 6 ounces (170g) bacon, roughly chopped
- 3 pounds (1 1/2 kg) beef brisket, trimmed of fat (chuck steak or stewing beef) cut into 2-inch chunks
- 1 large carrot sliced 1/2-inch thick
- 1 large white onion, diced
- 6 cloves garlic, minced (divided)
- 1 pinch coarse salt and freshly ground pepper
- 2 tablespoons flour
- 12 small pearl onions (optional)
- 3 cups red wine like Merlot, Pinot Noir, or a Chianti -- for a milder sauce, use only 2 cups of wine
- 2-3 cups beef stock (if using 2 cups of wine, use 3 cups beef stock)
- 2 tablespoons tomato paste
- 1 beef bullion cube, crushed
- 1 teaspoon fresh thyme, finely chopped
- 2 tablespoons fresh parsley, finely chopped (divided)
- 2 bay leaves
- 1 pound fresh small white or brown mushrooms, quartered
- 2 tablespoons butter

Instructions

TRADITIONAL OVEN METHOD:

1. Preheat oven to 350°F (175°C).
2. Heat the oil in a large dutch oven or heavy based pot. Sauté the bacon over medium heat for about 3 minutes, until crisp and browned. Transfer with a slotted spoon to a large dish and set aside.
3. Pat dry beef with paper towel; sear in batches in the hot oil/bacon fat until browned on all sides. Remove to the dish with the bacon.
4. In the remaining oil/bacon fat, sauté the carrots and diced onions until softened, (about 3 minutes), then add 4 cloves minced garlic and cook for 1 minute. Drain excess fat (leave about 1 tablespoon in the pan) and return the bacon and beef back into the pot; season with 1/2 teaspoon coarse salt and 1/4 teaspoon ground pepper. Sprinkle with flour, toss well and cook for 4-5 minutes to brown.

5. Add the pearl onions, wine and enough stock so that the meat is barely covered. Then add the tomato paste, bullion and herbs. Bring to a simmer on the stove.
6. Cover, transfer to lower part of the oven and simmer for 2 to 3 hours, or until the meat is fall apart tender (adjust the heat so that the liquid simmers very slowly).

7. *In the last 5 minutes of cooking time, prepare your mushrooms:*

Heat the butter in a medium-sized skillet/pan over heat. When the foam subsides, add the remaining 2 cloves garlic and cook until fragrant (about 30 seconds), then add in the mushrooms. Cook for about 5 minutes, while shaking the pan occasionally to coat with the butter. Season with salt and pepper, if desired. Once they are browned, set aside.

8. Place a colander over a large pot (I do this in my clean kitchen sink). Remove the casserole from the oven and carefully empty its contents into the colander (you want to collect the sauce only). Discard the herbs
9. Return the beef mixture back into the dutch oven or pot. Add the mushrooms over the meat.
10. Remove any fat off the sauce(if any) and simmer for a minute or two, skimming off any additional fat which rises to the surface.
11. You should be left with about 2 1/2 cups of sauce thick enough to coat the back of a spoon lightly.

If the sauce is too thick, add a few tablespoons of stock. If the sauce is too thin, boil it over medium heat for about 10 minutes, or until reduced to the right consistency.

12. Taste for seasoning and adjust salt and pepper, if desired. Pour the sauce over the meat and vegetables.
13. If you are serving immediately, simmer the beef bourguignon for 2 to 3 minutes to heat through.

Garnish with parsley and serve with mashed potatoes, rice or noodles.

14. To serve the following day, allow the casserole to cool completely, cover and refrigerate.

The day of serving, remove from refrigerator for at least an hour before reheating. Place over medium-low heat and let simmer gently for about 10 minutes, basting the meat and vegetables with the sauce.

Notes

STOVE TOP BEEF BOURGUIGNON:

1. In a large dutch oven or heavy based pot, sauté the bacon over medium heat in 1 tablespoon of oil for about 3 minutes, until crisp and browned. Transfer with a slotted spoon to a large dish and set aside.
2. Pat dry beef with paper towel; sear in batches in the hot oil/bacon fat until browned on all sides. Remove to the dish with the bacon.
3. In the remaining oil/bacon fat, sauté the carrots and diced onions until softened, (about 3 minutes), then add 4 cloves minced garlic and cook for 1 minute. Drain excess fat and return the bacon and beef back into the pot; season with 1/2 teaspoon coarse salt and 1/4 teaspoon ground pepper. Sprinkle with flour, toss well and cook for 4-5 minutes to brown.
4. Add the pearl onions, wine and enough stock so that the meat is barely covered. Then add the tomato paste, bullion and herbs. Cover and bring to a boil, then reduce heat to low and simmer for 1 1/2 to 2 hours, stirring occasionally, until the meat is falling apart.
5. *In the last 5 minutes of cooking time, prepare your mushrooms:* Heat the butter in a medium-sized skillet/pan over heat. When the foam subsides, add the remaining 2 cloves garlic and cook until fragrant (about 30

seconds), then add in the mushrooms. Cook for about 5 minutes, while shaking the pan occasionally to coat with the butter. Season with salt and pepper, if desired.

6. Add browned mushrooms to the pot, let simmer for an additional 3 to 5 minutes, stirring occasionally, to combine.
7. Garnish with parsley and serve with mashed potatoes, rice or noodles.

INSTANT POT BEEF BOURGUIGNON / PRESSURE COOKER:

1. Set Instant Pot or Cooker to SEAR function (or use a pan on the stove over medium heat if you wish). Sauté the bacon in 1 tablespoon of oil until crisp and browned. Remove with a slotted spoon and set aside.
2. Pat dry beef with paper towel; sear in batches until browned on all sides in the oil/bacon fat.
3. Return bacon to the pot. Season with 1/2 teaspoon coarse salt and 1/4 teaspoon ground pepper. Sprinkle with flour, toss well and cook on SEAR for a further 4-5 minutes to brown.
4. Add in the onions, pearl onions, carrots, wine, 2 cups of stock, tomato paste, 4 cloves minced garlic, bullion and herbs. Stir well, cover and lock the lid into place. Press Keep Warm/Cancel to stop the Sauté function, then set to MANUAL mode. Choose HIGH PRESSURE for 30 minutes cook time.
5. After cooking, allow the pressure to release naturally for 8-10 minutes. Open the valve and allow remaining steam to escape (for Instant Pot, turn the valve from sealing to venting to release the pressure).
6. While steam is releasing, *prepare your buttered mushrooms (OPTIONAL -- or add them straight in without cooking in butter if desired)*: Heat the butter in a medium-sized skillet/pan over medium heat. Add the remaining 2 cloves garlic and cook until fragrant (about 30 seconds), then add in the mushrooms. Cook for about 5 minutes, while shaking the pan occasionally to coat with the butter. Season with salt and pepper, if desired. Set aside.
7. Change the Instant Pot or cooker setting back to the SEAR setting (or SAUTE) stir well and allow the sauce to thicken uncovered, for a further 5-10 minutes.
8. Add the buttered mushrooms, garnish with parsley and serve with mashed potatoes, rice or noodles.

SLOW COOKER BEEF BOURGUIGNON:

1. In a large pan or skillet, sauté the bacon over medium heat in 1 tablespoon of oil for about 3 minutes, until crisp and browned. Transfer to 6 quart (litre) slow cooker bowl.
2. Pat dry beef with paper towel; sear in batches until browned on all sides in the oil/bacon fat. Transfer to slow cooker bowl with the bacon, and add in the onions (both types) and carrots. Season with 1/2 teaspoon coarse salt and 1/4 teaspoon ground pepper, tossing well to combine.
3. Pour the red wine into the pan or skillet and allow to simmer for 4-5 minutes, then whisk in the flour until free from lumps. Allow to reduce and thicken slightly, then pour it into the slow cooker along with 2 cups of stock, tomato paste, garlic, bullion and herbs.
4. Mix well to combine all of the ingredients. Cook on high heat setting for 6 hours or low for 8 hours, or until beef is falling apart and tender.
5. *In the last 5 minutes of cooking time, prepare your mushrooms*: Heat the butter in a medium-sized skillet/pan over medium heat. Add the remaining 2 cloves garlic and cook until fragrant (about 30 seconds), then add in the mushrooms. Cook for about 5 minutes, while shaking the pan occasionally to coat with the butter.

Season with salt and pepper, if desired. Add to the Beef Bourguignon, mixing them through the sauce before serving.

6. Garnish with fresh parley and serve with mashed potatoes, rice or noodles.

ORIGINALLY POSTED FEBRUARY 18, 2018. POST UPDATED WITH VIDEO.

Nutrition

Calories: 673kcal | Carbohydrates: 17g | Protein: 56g | Fat: 32g | Saturated Fat: 11g | Cholesterol: 169mg | Sodium: 620mg | Potassium: 1565mg | Fiber: 2g | Sugar: 7g | Vitamin A: 2035IU | Vitamin C: 12.4mg | Calcium: 60mg | Iron: 6.3mg