

Beef Bourguignon

Paired with Corbett Canyon Cabernet Sauvignon

1 3-lb filet of beef, trimmed
Salt and ground black pepper, to taste
Olive oil
2 garlic cloves, minced
1 ½ cup Cabernet Sauvignon
2 cups beef stock
1 tablespoon tomato paste
1 spring fresh thyme, or 1 teaspoon dried
½ pound pearl onions, peeled (or 1 bag frozen)
8 to 10 carrots, cut diagonally into 1-inch thick slices
1 package sliced mushrooms
4 celery stalks, cut diagonally into 1-inch thick slices
3 tablespoons butter, at room temperature
2 tablespoons flour

With a sharp knife, cut the filet crosswise into 1-inch thick slices. Rub salt and pepper on both sides of the filet. In a large pan, sauté the slices of beef on medium heat with 3 tablespoons of olive oil. Meat should be brown on the outside and rare on the inside. Remove from heat.

In the same pan, add the red wine and cook on high heat for 1 minute, scraping the bottom of the pan. Add the beef stock, tomato paste, thyme, 1 teaspoon salt and pepper. Bring to a boil and cook uncovered for 10 minutes. Add the onions, carrots, celery, and simmer uncovered for 20 to 30 minutes, until the sauce is reduced and the vegetables are cooked.

With a fork, mash 2 tablespoons of butter and flour into a paste and whisk it gently into the sauce. Simmer for 2 minutes to thicken. Add mushrooms and simmer until brown and tender.

Add the fillet of beef slices to the pan. Cover and reheat gently for 5 to 10 minutes. Serve immediately.

Prep time: 20 minutes
Cook time: 1 hour 10 minutes
Serves 6 to 6

CORBETT CANYON