

Dijon and Cognac Beef Stew

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1/4	pound	salt pork - diced
1	large	onion - diced
3		shallot - chopped
4	tablespoons	butter
2	pounds	beef chuck - 1in cubes
2	tablespoons	flour
		salt and pepper
4	tablespoons	butter
1/2	cup	cognac
2	cups	beef stock
1/2	cup	dijon mustard
4	tablespoons	pommery mustard
4	large	carrot - peeled and cut into half moon
1/2	pound	mushroom - stemmed cleaned and quartered
1/4	cup	red wine

Place salt pork in a Dutch oven over low heat, and cook until fat is rendered. Remove solid pieces with a slotted spoon and discard. Raise heat, add onions and shallots. Cook until softened but not browned, 10-15 minutes. Use a slotted spoon to transfer to a large bowl.

Add 2 tbspsn butter. Dust beef cubes with flour and season with salt and pepper. Shake off excess flour and place half in pan. Cook over med-high heat until well browned and almost crusty, on all sides, then transfer to bowl with onions. Repeat.

Add Cognac to pan, and cook, stirring until deglazed and crust comes loose. Add stock, Dijon and 1 tbspn Pommery. Whisk to blend then return meat and onions. Lower heat, cover pan partway, and simmer until meat is very tender, about 90 minutes.

Add carrots, then continue to simmer for 30 minutes, or until slices are tender. As they cook, heat 2 tablespoons butter in medium skillet over med-high heat, and saute mushrooms until browned and tender.

Stir mushrooms into stew along with remaining mustard and red wine. Simmer 5 minutes, adjust seasonings and serve.

Description: "beef"