

INSTANT POT

Traditional Beef Bourguignon

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INGREDIENTS

½ lb bacon, diced (I use uncured, organic bacon)

2 lbs beef chuck, cut into big chunks (I use organic grass fed beef)

8 shallots (or 1-2 red onions quartered), peeled and left whole

2 cloves garlic, crushed

1 tbsp Herbes de Provence (or 1 teaspoon each of the following: thyme, rosemary, and marjoram).

1 lb mushrooms, stemmed and sliced

1 lb carrots

1 ½ c. red wine

1 1/2 c. beef stock or broth

½ cognac (optional)

** I think potatoes always go with a beef stew so I also add a healthy amount (maybe 4-6 medium) of quartered Yukon Golds

COOKING INSTRUCTIONS

1. Saute bacon in cast iron pan over medium high heat until crisp.
2. Remove the bacon and brown the meat in the bacon grease in batches for about 5 minutes each, turning the meat to brown on all sides.
3. Place the beef, potatoes, carrots and bacon into the Instant Pot.
4. In bacon grease, saute mushrooms, onions and garlic until handsomely brown.
5. Deglaze pan using beef stock. Pour this mixture into the Instant Pot.
6. Sprinkle herbs on top.
7. Secure lid of Instant Pot and set lid to seal. Set on manual high pressure with warming feature on for 60 minutes.
8. Let Instant Pot NATURALLY release. Do not use quick release for at least 15-20 minutes. I personally prefer to let the pressure release completely naturally.

COOK'S NOTE:

Cooking draws the salt out of meats and vegetables so it's best to put a good amount of salt on just before serving to bring out the flavors.