

Beef Bourguignon

Yield: 7 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-spicy-salt-pork-chop-recipe>

Ingredients:

- 8 ounces salt pork cut into 1/2 inch chunks
- 4 tablespoons unsalted butter divided
- 4 pounds beef chuck trimmed, cut into 2-inch cubes, patted dry with paper towels
- salt
- 12 shallots chopped, about 2 cups
- 2 carrots large, peeled, 1 chopped, 1 cut into 2-inch chunks
- 5 garlic cloves chopped
- 1 ounce dried porcini mushrooms optional
- 2 tablespoons tomato paste
- 1/2 cup brandy plus 2 Tbsp
- 1 bottle pinot noir or other red wine
- beef stock low sodium, at least 1 cup, quite easily more
- 1/2 cup fresh parsley chopped
- 2 bay leaves
- 2 teaspoons dried thyme
- 4 whole cloves
- 24 pearl onions fresh or frozen
- 1 pound fresh shiitake cremini or button mushrooms
- 3 tablespoons flour blended with 2 Tbsp butter

Nutrition:

1. Calories: 1310 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 215 milligrams
4. Fat: 80 grams
5. Fiber: 7 grams
6. Protein: 65 grams
7. SaturatedFat: 32 grams
8. Sodium: 1060 milligrams

9. Sugar: 22 grams

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