Idiot's Kitchen Recipe – Mushroom Bourguignon

Recipe from www.idiotskitchen.com - Adapted from The Smitten Kitchen Cookbook

Ingredients:

2 Tablespoon butter, divided (1 for cooking, 1 for thickening)
2 Tablespoons olive oil
2 pounds baby Portobello mushrooms (also called cremini mushrooms)
1 cup frozen pearl onions, thawed
1 carrot, finely chopped
1 small onion, finely chopped (about ¾ cup)
2 cloves garlic, finely chopped
1 Tablespoon fresh rosemary, finely chopped
3-4 sprigs thyme (1 teaspoon leaves)
1 cup dry red wine
2 cups beef broth
2 Tablespoons tomato paste
1½ Tablespoons flour (GF is fine)
Salt & Pepper
Egg Noodles or Rice for Serving
Chives or Parsley for garnish, chopped

Remove the woody stems from 2 pounds of baby bella or cremini mushrooms. Cut the mushroom caps into quarters or sixths if they are large.

Heat 1 Tablespoon butter and 1 Tablespoon olive oil in a large pot or dutch oven over medium high heat. Add the mushrooms and 1 cup of thawed pearl onions and sear over high heat. Cook the mushrooms only about 4-5 minutes until they start to brown slightly but have not given off their liquid. Remove the mushrooms & onions from the pot and set aside.

Lower the heat to medium high and add 1 more Tablespoon olive oil to the pot. Add the chopped onion and carrot and sauté until tender but not browned, about 5 minutes. Add 2 cloves of chopped garlic, 1 Tablespoon chopped fresh rosemary, and 1 teaspoon chopped fresh thyme leaves. (Note: you can also just toss in 4-5 sprigs of fresh thyme and then fish out the stems later.) Cook the garlic and herbs 1 minute.

Add 1 cup of good red wine (cabernet, merlot, or a nice dry blend) to the pot and scrape up any browned bits from the bottom. Turn the heat up to high and reduce the wine by half.

Reduce the heat to medium and add 2 cups of beef broth and 2 Tablespoons of tomato paste. Stir to combine. Return the mushrooms and onions and any accumulated juices to the pot. Season with salt & pepper to taste. Bring to a boil, then reduce the heat to low, and simmer uncovered for 10 minutes.

Use a fork to mash the remaining 1 Tablespoon butter into 1½ Tablespoons flour to make a buerré manié or thickener for the sauce. Add the flour/butter paste to the pot and stir thoroughly to combine. Cook on low for an additional 10 minutes. Taste and adjust seasoning with salt & pepper.

Serve over boiled egg noodles or rice (for gluten free people). Garnish with chopped chives or parsley.

Makes 4 small servings or 3 generous portions. For 4 people, I would keep everything else the same and just increase the mushrooms to 3 pounds as there is plenty of sauce.