



FOUNDING FARMERS KENTUCKY BEEF BURGOO

Makes 2 quarts (approximately six 10oz portions)

Ingredients

4 sprigs	fresh thyme
4 sprigs	fresh flat leaf parsley
1 cup	yellow onion, peeled and diced into ½-inch pieces
1 cup	carrots, peeled and sliced into ½-inch-thick “coins”
1 cup	fennel bulb, diced into ½-inch pieces
4 each	garlic cloves, peeled and minced
1½ lb	beef chuck, trimmed and cut into 1-inch cubes
1 tbsp	kosher salt
1 tsp	ground black pepper
2 tbsp	all-purpose flour
1 tbsp	tomato paste
1/2 tsp	ground cinnamon
1 tsp	paprika
1/4 tsp	ground cloves
1/3 cup	Kentucky whiskey
28 oz	chicken broth (two 14oz cans)
1 cup	Idaho or Russet potatoes, peeled and diced into ½-inch pieces

Cooking Instructions

Tie thyme and parsley sprigs with butcher's twine and set aside for later use.

Heat the oil in a large stew pot over medium heat. Add onion, carrot, fennel, and garlic. Cook until onions just begin to get color. Add beef, salt, and pepper. Dust meat with flour, stir and heat for about 7–10 minutes, allowing the meat to give off some juices (the flour and liquid from veggies and meat will begin to make a gravy-like sauce in pan while cooking).

Add tomato paste and spices and cook for 5 minutes. Add whiskey. Reduce slightly while scraping the bottom of the pan to release stuck “goodies.” Add the tied bundle of thyme and parsley and enough chicken broth to cover the meat and vegetables. Bring to a boil, and then reduce to a simmer until meat is fork tender, approximately 1 hour. While simmering, frequently skim any fats that accumulate on the top of stew.

After beef is tender, remove the thyme and parsley sprigs. Add potatoes and cook until just al dente. Season with additional salt and pepper if desired.

Serve immediately or cool and keep refrigerated for up to 5 days.

Serve with thick-cut bread.