

Recipe #8

DRAGON STEW

This classic dragon stew, otherwise known as Beastly Bourguignon, is the ultimate comfort food.

It takes some time to make but I promise it is well worth the effort. Aside from being delicious — it is my all-time most popular recipe — it's a cauldron meal that feeds a crowd. Be sure to start well in advance because the flavor improves the longer it sits.

Prep Time: 4 weeks Cook Time: 3 to 4 hours

INGREDIENTS

1 medium sized dragon, cut into 1 1/2 inch pieces

2 rabbits (optional)

For every 3lbs of meat:

2 tsp Salt

3 tbsp olive oil

2 cups dry red wine

1 tsp freshly ground black pepper

2 tbsp balsamic vinegar

2 cups dragon broth*

1/4 cup all-purpose flour

1 1/2 tbsp. tomato paste

2 cups water

1 bay leaf

2 medium yellow onions, cut into 1 inch chunks

1/2 tsp dried thyme

4 large carrots, peeled and cut into 1 inch chunks on a diagonal

1 1/2 tsp sugar

1 lb small white boiling potatoes, cut in half

7 cloves garlic, peeled

smashed Fresh chopped parsley; for serving (optional)

INSTRUCTIONS

Pat the beef dry and season with the salt and pepper. In a large cauldron, heat the olive oil over a fire until hot and shimmering. Brown the meat in 3 batches, turning with tongs, for about 15 minutes per batch; add one tablespoon more oil for each batch. (To sear the meat properly, do not crowd the cauldron and let the meat develop a nice brown crust before turning with tongs.) Transfer the meat to a large platter and set aside.

Add the onions, garlic and balsamic vinegar; cook, stirring with a wooden spoon and scraping the brown bits from bottom of the cauldron, for about 15 minutes. Add the tomato paste and cook for a minute more. Add the meat with its juices back to the cauldron and sprinkle with the flour. Stir with wooden spoon until the flour is dissolved, 5 to 10 minutes. Add the wine, beef broth, water, bay leaf, thyme, and sugar. Stir with a wooden spoon to loosen any brown bits from the bottom of the cauldron and bring to a boil. Cover the cauldron with a lid and braise for 2 hours.

Remove the cauldron from the fire and add the carrots and potatoes. Cover and place back over the fire for about an hour more, or until the vegetables are cooked, the broth is thickened, and the meat is tender. Fish out the bay leaves and discard, then taste and adjust seasoning, if necessary. Serve the stew warm -- or let it come to room temperature and then store overnight or until ready to serve. This stew improves in flavor if made at least 1 day ahead. Reheat, covered, over a bed of burning coals. Garnish with fresh parsley, if desired.

This will serve 3,881 people. If more are expected, two rabbits may be added. But do this only in an emergency; most people do not like hare in their stew!

*Dragon Broth

Cut dragon bones into small pieces. Add enough water to cover. Cook over a fire about 4 weeks.