17

COOKING MEATS AND GAME

This chapter presents a collection of recipes to give you practice with basic cooking methods as they apply to beef, lamb, veal, pork, and game such as venison. Be sure you have a thorough understanding of the cooking methods described in Chapter 15, and review that material as often as necessary.

It is also important that you have read and understood the basic material in Chapter 15, especially the sections on matching particular cuts to appropriate cooking methods and on testing for doneness. If necessary, please review those sections.

The procedures described in Chapter 15 are general. Be aware they may be modified slightly in specific recipes. Some of the most important of these variations are discussed at the beginning of each section in this chapter. In addition, your instructors may wish to show you variations or methods that differ from those presented here.

Each time you prepare one of these recipes, you should be thinking not just about the product you are making but also about the techniques you are using and how they can be applied to other products. It is helpful to compare the recipes in each section—how they are alike and how they are different. This way you will be learning to cook, not just to follow recipes.

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Cook meats by roasting, baking, and barbecuing.
2. Cook meats by broiling, grilling, and pan-broiling.
3. Cook meats by sautéing and pan-frying.
4. Cook meats by simmering, submersion poaching, steaming, and sous vide.
5. Cook meats by braising.

ROASTING, BAKING, AND BARBECUING

The roasting and barbecuing procedures are explained in detail in Chapter 15 (pp. 420–429). Note that the core recipe illustrating the roasting procedure is Roast Chicken. If you have completed that unit, you had the opportunity to practice this cooking method with an inexpensive product. In this chapter, the first recipe illustrating the roasting method involves greater food cost, so it is especially important to review the procedure thoroughly. Note also that, unlike the roast chicken in Chapter 15, the beef roast recipe here includes the procedure for making an unthickened ***jus***. If a thickened gravy is desired, a separate recipe follows.

The remaining recipes in this section present a cross section of roasted meats, illustrating variations on the roasting method. In addition, barbecue recipes are also placed in this section, as barbecuing is low-temperature roasting with smoke.

Among the other recipes here are meats that are marinated before roasting, as well as one recipe for a brined roast. Both marinades and brines are discussed in Chapter 7, and a detailed procedure for brining is found on page 153. Review this material as necessary.

Roast Rib of Beef au Jus

YIELD: 5 LB (2.3 KG) BONELESS, TRIMMED MEAT PORTIONS: 12 10 PORTION SIZE: 6½ OZ (190 G), 1½ OZ (50 ML) JUS 8 OZ (225 G), 1½ OZ (50 ML) JUS

U.S.	METRIC	INGREDIENTS
10 lb	4.5 kg	Beef rib, roast ready, bone in (one half of an average-size rib roast)
		Mirepoix:
4 oz	125 g	Onion
2 oz	60 g	Carrot
2 oz	60 g	Celery
1 qt	1 L	Brown stock
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Place the meat fat side up in a roasting pan.
2. Place meat in a preheated 300°F (150°C) oven. Roast until rare or medium done, as desired, allowing for carryover cooking.
   Internal temperature (tested with an instant-read thermometer:
   Rare: 120°F (49°C)
   Medium 130°F (54°C)
   (Outer slices will be cooked more than center.)
   Roasting time will be at least 3–4 hours.
3. Remove the meat from the pan and let stand in a warm place 30 minutes before carving.
4. Drain off all but 1–2 oz (50 g) of the fat from the roasting pan. Be careful to retain any juices in the pan. Add the mirepoix to the pan (Fig. 17.1).
5. Set the pan over high heat and cook until mirepoix is brown and moisture has evaporated, leaving only fat, mirepoix, and browned drippings.
6. Pour off any excess fat.
7. Pour about 8 fl oz (250 mL) stock into the roasting pan to deglaze it. Stir over heat until brown drippings are dissolved.
8. Pour the deglazing liquid and mirepoix into a saucepot with the remaining stock. Simmer until mirepoix is soft and liquid is reduced by about one-third.
9. Strain through a china cap lined with cheesecloth into a bain-marie. Skim fat carefully. Season to taste with salt and pepper.
10. For service, stand the roast on its widest end. Cut down beside the bones to free the meat, and slice the meat across the grain.
11. Serve each portion with 1½ oz (50 mL) jus.

Per serving: Calories, 810; Protein, 52 g; Fat, 65 g (74% cal.); Cholesterol, 180 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 150 mg.

VARIATIONS

Roast Rib-Eye Roll, Top Round, Sirloin, or Strip Loin

These cuts may be roasted by the same procedure; roast them on a rack.

Roast Beef with Gravy

Roast the desired cut of beef according to the basic recipe. Prepare gravy according to the following recipe.

FIGURE 17.1 Preparing pan jus



(a) After removing the cooked meat from the roasting pan, degrease the pan. Add mirepoix to the pan and brown on the stovetop or in the oven.



(b) Deglaze with brown stock.



(c) Pour the mirepoix and deglazing liquid into a saucepan. Simmer for the desired time.



(d) Strain through a fine chinois or a china cap lined with cheesecloth.

Roast Beef Gravy ♥

YIELD: ABOUT 1½ PT (750 ML) PORTIONS: 12 PORTION SIZE: 2 FL OZ (60 ML)

U.S.	METRIC	INGREDIENTS
as needed	as needed	Pan drippings from roast beef (previous recipe)
		Mirepoix:
4 oz	125 g	Onion
2 oz	60 g	Carrot
2 oz	60 g	Celery
1 qt	1 L	Brown stock
2 oz	60 g	Tomato purée
2 oz	60 g	Flour
to taste	to taste	Salt
to taste	to taste	Pepper
to taste	to taste	Worcestershire sauce

PROCEDURE

1. After removing the roast, add the mirepoix to the drippings in the roasting pan.
2. Set the pan over high heat and cook until mirepoix is brown and moisture has evaporated, leaving only fat, mirepoix, and browned drippings (Fig. 17.1).
3. Pour off and save the fat.
4. Deglaze the pan with some of the stock. Pour the deglazing liquid and mirepoix into a saucepot with the remaining stock. Add the tomato purée. Bring to a boil and reduce heat to a simmer.
5. Make a brown roux with the flour and 2 oz (60 g) of the reserved fat. Cool the roux slightly and beat it into the simmering stock to thicken it.
6. Simmer 15–20 minutes, or until all raw flour taste is cooked out and the liquid is reduced slightly.
7. Strain through a china cap into a bain-marie.
8. Season to taste with salt, pepper, and Worcestershire sauce.

Per serving, Calories, 35; Protein, 1 g; Fat, 1.5 g (40% cal.); Cholesterol, 5 mg; Carbohydrates, 4 g; Fiber, 0 g; Sodium, 10 mg.

VARIATION

Jus Lié

Omit tomato purée and roux. Thicken liquid with ¾ oz (25 g) cornstarch or arrowroot blended with 2 fl oz (50 mL) cold water or stock.

Roast Stuffed Shoulder of Lamb

PORTIONS: 10 PORTION SIZE: 5 OZ (150 G) MEAT AND STUFFING, 2 FL OZ (60 ML) GRAVY

U.S.	METRIC	INGREDIENTS
		Stuffing:
4 oz	125 g	Onion, fine dice
1 tsp	5 mL	Garlic, chopped fine
2 fl oz	60 g	Olive oil, vegetable oil, or butter
3 oz	100 g	Soft, fresh bread crumbs (about 2 cups)
⅓ cup	80 mL	Chopped parsley
½ tsp	2 mL	Dried rosemary
¼ tsp	1 mL	Black pepper
½ tsp	2 mL	Salt
1	1	Egg, beaten
1	1	Boneless lamb shoulder, about 4 lb (1.8 kg)
as needed	as needed	Oil
as needed	as needed	Salt
as needed	as needed	Pepper
as needed	as needed	Dried rosemary
		Mirepoix:
4 oz	125 g	Onion, chopped
2 oz	60 g	Carrot, chopped
2 oz	60 g	Celery, chopped
2 oz	60 g	Flour
1 qt	1 L	Brown beef stock or lamb stock
4 oz	125 g	Tomatoes, canned
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Sauté the onion and garlic in oil until soft. Remove from heat and cool.
2. Combine onion and garlic with the remaining stuffing ingredients and mix lightly.
3. Lay the lamb shoulder out flat, fat side down (Fig. 17.2).
4. Spread the lamb with the stuffing and roll it up. Tie the roll tightly.
5. Rub the meat with oil, salt, pepper, and rosemary.
6. Place the meat on a rack in a roasting pan. Insert a meat thermometer into the thickest part of the meat (not into the stuffing).
7. Place in a 325°F (165°C) oven. Roast the meat about 1½ hours.
8. Place the mirepoix in the bottom of the roasting pan. Baste the meat with fat and continue to roast until the thermometer reads 160°F (71°C). Total cooking time is about 2½ hours.
9. Remove the roast from the pan and let stand in a warm place.
10. Set the roasting pan over high heat to clarify the fat and finish browning the mirepoix. Drain off about three-fourths of the fat.
11. Add the flour to the pan to make a roux, cooking it until it is brown.
12. Stir in the stock and tomatoes and bring to a boil. Simmer, stirring, until the gravy is thickened and reduced to about 1½ pt (750 mL).
13. Strain and skim excess fat.
14. Season to taste with salt and pepper.
15. Slice the roast crosswise, so each slice contains stuffing in the center. When slicing, be careful to keep the slices from falling apart. Serve each portion with 2 oz (60 mL) gravy.

Per serving: Calories, 390; Protein, 31 g; Fat, 25 g (57% cal.); Cholesterol, 120 mg; Carbohydrates, 11 g; Fiber, 1 g; Sodium, 275 mg.



Roast Stuffed Shoulder of Lamb

VARIATIONS

Roast Boneless Shoulder of Lamb

Roast a tied, boneless lamb shoulder as in basic recipe, without stuffing.

Roast Leg of Lamb

Prepare leg of lamb for roasting as shown in Figure 16.11. Rub with oil, salt, pepper, rosemary, and garlic. Roast as in basic recipe (without stuffing) to rare, medium, or well-done stage. Leg of lamb may be served with natural juices (au jus) instead of thickened gravy, if desired. An 8 lb (3.6 kg) AP leg of lamb yields about 3½ lb (1.6 kg) cooked meat. Yield is less if cooked well done. See Figure 17.3 for carving technique.

Roast Leg of Lamb Boulangère

About 1½ hours before lamb is done, transfer the meat to a rack over a pan of Boulangère Potatoes (p. 365) and finish cooking.

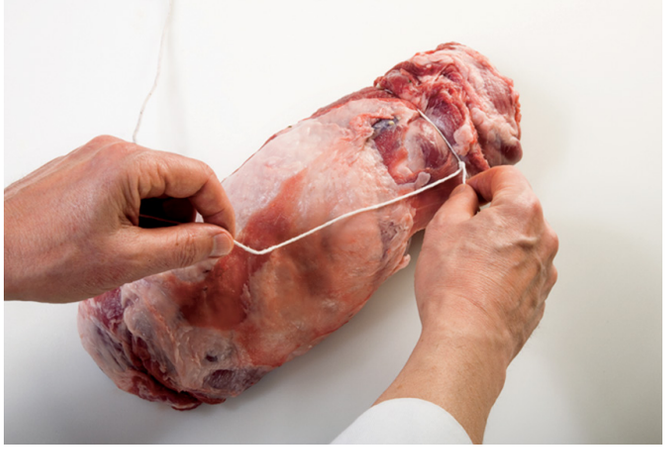
FIGURE 17.2 Stuffing a lamb shoulder



(a) Bone out the shoulder. To remove the blade bone, slide the knife against the bone to separate it from the meat.



(b) Spread the boned shoulder with the stuffing.



(c) Roll the shoulder and tie it securely. See Figure 16.14 for tying procedure.

FIGURE 17.3 Carving a leg of lamb. Hams and other leg roasts may be carved using the same basic technique shown here.



(a) Place the roast on a clean, sanitary cutting board. Begin by making a vertical cut through to the bone about 1 in. (2.5 cm) from the end of the shank meat. The small collar of shank meat forms a guard to protect the hand in case the knife slips.



(b) Using long, smooth strokes, cut thin slices on a slight bias as shown.



(c) When slices become too large, angle the knife. When the top of the roast is completely sliced, turn over and repeat the procedure on the bottom of the roast.

Roast Rack of Lamb

PORTIONS: 8 PORTION SIZE: 2 CHOPS, 1 FL OZ (30 ML) JUS

U.S.	METRIC	INGREDIENTS
2	2	Racks of lamb, 8 ribs each
to taste	to taste	Salt
to taste	to taste	Pepper
to taste	to taste	Dried thyme
2	2	Garlic cloves, chopped
1 pt	500 mL	White or brown veal stock

PROCEDURE

1. Prepare lamb for roasting as shown in Figure 16.12.
2. Place any trimmed-off bones in the bottom of a roasting pan. Place the meat fat side up on top of the bones. Season with salt, pepper, and thyme.
3. Place in a hot oven (450°F/230°C) and roast to desired doneness. Rack of lamb is usually roasted rare or medium. Test doneness with a meat thermometer or by the touch method, as for steaks. Total time is about 30 minutes.
4. Remove the lamb from the roasting pan and hold in a warm place. Leave the bones in the pan.
5. Set the roasting pan over moderate heat to caramelize the juices and clarify the fat. Pour off the fat.
6. Add the garlic to the pan and cook 1 minute.
7. Deglaze the pan with the stock and reduce by half. Strain, degrease, and season to taste.
8. Cut the meat between the ribs into chops. Serve 2 chops per portion with 1 oz (30 mL) jus.

Per serving: Calories, 280; Protein, 19 g; Fat, 22 g (72% cal.); Cholesterol, 75 mg; Carbohydrates, 0 g; Fiber 0 g; Sodium, 70 mg.

VARIATIONS

Rack of Lamb aux Primeurs (with Spring Vegetables)

Place the racks on one or two heated serving platters. Garnish the platters with an assortment of spring vegetables, cooked separately: tournéed carrots, tournéed turnips, buttered peas, green beans, rissolé potatoes. Pour the jus into a warm gooseneck or sauceboat. Carve and serve the meat, vegetables, and jus in the dining room.

Rack of Lamb Persillé

Prepare as in basic recipe. Combine the ingredients for Persillade, listed below. Before carving and serving, spread the top (fat side) of each rack with 1 tbsp (15 g) soft butter. Pack the persillade onto the top of the racks and brown under the salamander.

Persillade

4 cloves garlic, minced
2 oz (60 g) fresh bread crumbs (about 1 cup)
⅓ cup (80 mL) chopped parsley

PROCEDURE VARIATION: COMBI OVEN

In place of step 3 in the main recipe, substitute the following step:

3. Place in a hot combi oven (375°F) in combi-mode with maximum browning level and roast to desired doneness. Rack of lamb is usually roasted rare or medium. Test doneness with a meat thermometer or by the touch method, as for steaks. Total time is about 25 minutes.



Roast Rack of Lamb; Pressed Potatoes; Braised Savoy Cabbage Ball; baby carrots, puréed black garlic

Roast Brined Pork Loin with Date and Gorgonzola Stuffing

PORTIONS: 8 PORTION SIZE: APPROX. 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
6 oz	180 g	Pitted dates, chopped
1 tsp	5 mL	Butter
⅛ tsp	0.5 mL	Dried rosemary
3 fl oz	90 mL	Water
2 oz	60 g	Gorgonzola cheese
3 lb	1.5 kg	Pork loin, center cut, boneless
2 qt, or as needed	2 L, or as needed	Brine (p. 153)
to taste	to taste	Salt
to taste	to taste	Pepper
to taste	to taste	Ground coriander

PROCEDURE

1. In a saucepan, briefly cook the dates in butter until slightly softened.
2. Add the rosemary and water. Cook until the mixture forms a thick paste. Cool.
3. When the date mixture is completely cool, add the gorgonzola and mix in well.
4. If the loin has a fat covering, trim the excess fat from it, leaving only a thin covering. If the loin was purchased without a fat covering, trim off all silverskin.
5. Marinate in enough brine to cover, refrigerated, 24 hours.
6. Stuff the meat. This can be done in either of two ways:
   a. Butterfly the meat as shown in Figure 16.13. Spread the date mixture inside and refold the meat to enclose the stuffing. Tie the meat well (Fig. 16.14).
   b. Poke a hole lengthwise through the center of the loin with a clean, sanitized spoon handle or similar rod-shaped item. Force the date mixture into the hole so it fills the hole completely.
7. If the loin has no fat covering and was trimmed of silverskin in step 4, oil the surface well. Season the surface of the meat lightly with salt, pepper, and ground coriander. Hold in the refrigerator until ready to cook.
8. Preheat the oven to 425°F (220°C). Place the roast in the oven. After 10 minutes, reduce the heat to 325°F (160°C). (The initial roasting at high heat is optional; its purpose is to help brown the roast.) Continue to roast until the internal temperature is 150°F (65°C).
9. Remove from the heat and let stand in a warm place at least 10 minutes before slicing.

Per serving: Calories, 420; Protein, 38 g; Fat, 21 g (18% cal.); Cholesterol, 120 mg; Carbohydrates, 19 g; Fiber, 2 g; Sodium, 540 mg.



Roast Brined Pork Loin with Date and Gorgonzola Stuffing, Spaetzle, Glazed Carrots

Barbecued Pork Shoulder

YIELD: APPROX. 4 LB (2 KG) TRIMMED, BONELESS MEAT

U.S.	METRIC	INGREDIENTS
8 lb	4 kg	Pork shoulder or butt
2 oz, or as needed	60 g, or as needed	Spice Rub I (p. 429) or Spice Rub II (p. 501)

PROCEDURE

1. Trim excess external fat from the meat.
2. Rub the meat with the spice rub so it is completely coated with a thin layer.
3. Refrigerate the meat overnight.
4. Cook the meat on racks in a smoke roaster at 225°F (107°C) until very tender, about 8 hours. Turn the meat over once per 1–2 hours so that it cooks evenly. When done, the blade bone should be loose enough to be pulled out (see photo, below), and the meat should be tender enough to pull apart with a fork.
5. The pork may be cut from the bones and sliced or cut into chunks and served with a barbecue sauce on the side, or it may be shredded (see photo), mixed with a little barbecue sauce, and used as a sandwich filling. For barbecue sauces, see pages 219–221.

Per serving: Calories, 60; Protein, 7 g; Fat, 3 g (49% cal.); Cholesterol, 25 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 140 mg.

VARIATION

Barbecued Shoulder of Boar

Substitute shoulder of boar for the pork shoulder.



Finished Barbecued Pork Shoulder



Loose blade bone



Pulling pork

Barbecued Beef Brisket

YIELD: APPROX. 5 LB (2.25 KG)

U.S.	METRIC	INGREDIENTS
8 lb	3.6 kg	Fresh beef brisket, well trimmed, but with a thin layer of fat on top
2 oz, or as needed	60 g, or as needed	Spice Rub I (p. 429)

PROCEDURE

1. Rub the spice mixture evenly over the brisket.
2. Refrigerate the brisket overnight.
3. Place the brisket, fat side up, in a barbecue cooker heated to 225°F (107°C). Cook the meat until tender, approximately 8 hours.
4. Cut across the grain into thin slices, holding the knife at an angle to make broader slices. Serve with desired barbecue sauce.

Per 1 ounce (28.35 g): Calories, 60; Protein, 9 g; Fat, 1.5 g (23% cal.); Cholesterol, 30 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 105 mg.

Spice Rub II

YIELD: APPROX. 7 OZ (200 G)

U.S.	METRIC	INGREDIENTS
1½ oz	45 g	Paprika
1½ oz	45 g	Chili powder
2 tsp	10 mL	Dry mustard
2 tbsp	30 mL	Onion powder
1 tsp	5 mL	Celery seed
2 tsp	10 mL	Dried thyme
1 oz	30 g	Sugar
2 oz	60 g	Salt
2 tbsp	30 mL	Black pepper

PROCEDURE

1. Combine all ingredients and mix well.
2. Store in a tightly sealed container in a dark place.

Per 1 oz (28.35 g): Calories, 70; Protein, 2 g; Fat, 2 g (26% cal.); Cholesterol, 0 mg; Carbohydrates, 14 g; Fiber, 5 g; Sodium, 3250 mg.

Roast Pork Tenderloin with Kalbi Marinade

PORTIONS: 10 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
8 fl oz	250 mL	Soy sauce, preferably Korean or Japanese
2 oz	60 g	Brown sugar
1 tbsp	15 mL	Garlic, crushed
4	4	Scallions, sliced
2 fl oz	60 mL	Sesame oil
¼ tsp	1 mL	Black pepper
4 lb	2 kg	Pork tenderloins
1 fl oz	30 mL	Vegetable oil

PROCEDURE

1. In a nonreactive container large enough to hold the pork tenderloins, combine the soy sauce, brown sugar, garlic, scallions, sesame oil, and pepper to make a marinade.
2. Trim all fat and silverskin from the tenderloins (Fig. 16.16).
3. Add the tenderloins to the marinade, turning them so they are coated on all sides. Cover and refrigerate overnight.
4. Remove the tenderloins from the marinade. Blot them dry on clean towels, making sure no particles of scallion or garlic cling to them, as these can burn during cooking.
5. Heat the oil in a sauté pan over moderately high heat. Brown the meat lightly on all sides. Keep in mind the sugar in the marinade can burn easily, so watch the meat carefully as it browns.
6. Place the pan in a preheated 425°F (220°C) oven for about 15 minutes, or until a meat thermometer indicates an interior temperature of 150°F (66°C) or desired doneness.
7. Remove the tenderloins from the oven. Let stand 10 minutes in a warm place, then slice across the grain into medallions.

Per serving: Calories, 240; Protein, 37 g; Fat, 8 g (32% cal.); Cholesterol, 105 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 250 mg.

KALBI

The word *kalbi* is Korean and refers to ribs, usually beef ribs. In Korean cuisine, the meat is sliced, marinated in a sweetened soy sauce mixture, and grilled. In Western kitchens, the marinade for the ribs has become popular and is adapted to a variety of dishes not typically Korean, such as the pork tenderloin recipe here.



Roast Pork Tenderloin with Kalbi Marinade and hoisin sauce

Glazed Ham with Cider Sauce

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G) HAM, 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS
7 lb	3.2 kg	Smoked ham (bone-in, skin-on)
1½–2 tbsp	22–30 mL	Prepared mustard
3 oz	90 g	Brown sugar
⅛ tsp	0.5 mL	Ground cloves
1½ pt	750 mL	Apple cider
4 oz	125 g	Raisins, seedless (optional)
1½ oz	45 g	Brown sugar
¼ tsp	1 mL	Nutmeg
½ tsp	2 mL	Grated lemon rind
3 tbsp	22 g	Cornstarch
to taste	to taste	Salt

PROCEDURE

1. Place the ham(s) in a stockpot with enough water to cover. Bring to a boil and reduce heat to a simmer. Simmer 1 hour. Drain.
2. Cut off skin and excess fat. Leave fat covering about ½ in. (1 cm) thick. Score the fat with a knife.
3. Place the ham fat side up in a roasting or baking pan. Spread with a thin layer of prepared mustard. Mix the sugar and cloves and sprinkle over the ham.
4. Bake at 350°F (175°C) about 1 hour. (*Caution*: Sugar burns easily, so check ham after 30–45 minutes.)
5. Place cider, raisins, sugar, nutmeg, and lemon rind in a saucepan and simmer 5 minutes.
6. Mix cornstarch with a little cold water or cold cider and stir into the sauce. Simmer until thickened.
7. Add salt to taste.
8. Slice ham (as for leg of lamb, Fig. 17.3). Serve 5-oz (150-g) portion with 2 oz (60 mL) sauce on the side.

Per serving: Calories, 300; Protein, 32 g; Fat, 7 g (21% cal.); Cholesterol, 70 mg; Carbohydrates, 25 g; Fiber, 1 g; Sodium, 1680 mg.

Note: The amount of cooking required depends on the type of ham. Aged country hams must be soaked 24 hours in cold water, scrubbed, and simmered about 20 minutes per pound (500 g). Hams labeled tenderized or ready to cook may be baked without simmering (starting with step 2) or just blanched before baking (place in cold water, bring to a boil, and drain).

VARIATIONS

If using fully cooked, boneless, skinless ham, skip steps 1 and 2. You will need less total weight of ham. Allow about 4½ lb (2.2 kg) for one recipe.

Ham with Brown Cider Sauce

When ham is baked, drain fat from pan and deglaze with 12 fl oz (375 mL) cider. Add 1½ pt (750 mL) demi-glace or espagnole and simmer until reduced and thickened. Flavor to taste with mustard and a little sugar.

Fruit-Glazed Ham

Omit mustard-sugar glaze. During last half of baking, spoon fruit preserves (apricot, pineapple, or peach) over ham to glaze.



Glazed Ham with Cider Sauce

Home-Style Meatloaf

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
8 oz	250 g	Onions, fine dice
4 oz	125 g	Celery, fine dice
1 oz	30 mL	Oil
6 oz	180 g	Soft bread crumbs
6 fl oz	180 mL	Tomato juice, stock, or milk
1¼ lb	625 g	Ground beef
1¼ lb	625 g	Ground pork
1¼ lb	625 g	Ground veal
4 oz	125 g	Beaten egg
1½ tsp	7 mL	Salt
¼ tsp	1 mL	Black pepper
1½ pt	750 mL	Tomato sauce, Spanish sauce, or Creole sauce

PROCEDURE

1. Sauté the onions and celery in oil until tender. Remove from pan and cool thoroughly.
2. In a large bowl, soak the bread crumbs in the juice, stock, or milk.
3. Add the sautéed vegetables and the meat, eggs, salt, and pepper. Mix gently until evenly combined. Do not overmix.
4. Form the mixture into 1 or 2 loaves in a baking pan, or fill loaf pans with the mixture.
5. Bake at 350°F (175°C) 1–1½ hours, or until done. Test with a meat thermometer for an internal temperature of 165°F (74°C).
6. For service, cut the loaves into 4-oz (125 g) slices. Serve with 2 oz (60 mL) sauce per portion.

Per serving: Calories, 360; Protein, 27 g; Fat, 21 g (53% cal.); Cholesterol, 135 mg; Carbohydrates, 16 g; Fiber, 2 g; Sodium, 680 mg.

VARIATIONS

Home-Style All-Beef Meatloaf

In place of the mixture of beef, pork, and veal, use 3¾ lb (1.875 kg) ground beef.

Italian-Style Meatloaf

Add the following ingredients to the basic mix:

2 tsp (10 mL) chopped garlic, sautéed with the onion
½ oz (15 g) parmesan cheese
⅓ cup (75 mL) chopped parsley
¾ tsp (3 mL) basil
½ tsp (2 mL) oregano

Salisbury Steak

Divide meat mixture for all-beef meatloaf into 6-oz (175 g) portions. Form into thick, oval patties and place on a sheet pan. Bake at 350°F (175°C) about 30 minutes.

Baked Meatballs

Divide basic meat mixture or Italian-Style Meatloaf mixture into 2½-oz (75 g) portions using a No. 16 scoop. Form into balls and place on sheet pans. Bake at 350°F (175°C). May be served with tomato sauce over pasta.

Loin or Rack of Venison Grand Veneur

PORTIONS: 8 PORTION SIZE: ¼ LOIN OR RACK (2 CHOPS)

U.S.	METRIC	INGREDIENTS
2	2	Loins or racks of venison (2½–3 lb/1.1–1.4 kg each)
2 qt	2 L	Red Wine Marinade for Game (below)
12 oz (approx.)	350 g (approx.)	Pork fatback for barding
1 pt	500 mL	Poîvrade Sauce (p. 193)
1 oz	30 g	Red-currant jelly
3 fl oz	90 mL	Heavy cream
1 lb	480 g	Chestnut purée (fresh or canned), thinned to a soft texture with a little demi-glace and cream

PROCEDURE

1. Trim the venison, removing all silverskin. Because venison is very lean, there will be very little fat to remove.
2. Marinate the venison for 2 days, using enough marinade to cover the meat completely. (The quantity indicated is approximate.)
3. Cut the fatback into thin sheets on a slicing machine. Bard the venison by covering the meat with the sheets of fat and tying them in place.
4. Roast the meat at 450°F (230°C) until rare, 30–45 minutes.
5. When the meat is done, set it aside in a warm place for 15 minutes. Degrease the roasting pan and deglaze it with a little of the marinade. Reduce slightly and strain it into the poîvrade sauce.
6. Heat the sauce with the jelly until the jelly is melted and dissolved.
7. Temper the cream with a little of the sauce, then add to the rest of the sauce.
8. Cut the meat into chops, or else cut the meat from the bones in one piece and slice it into medallions.
9. Serve each portion with 2 oz (60 mL) sauce and garnish with 2 oz (60 g) chestnut purée.

Per serving: Calories, 990; Protein, 67 g; Fat, 65 g (60% cal.); Cholesterol, 345 mg; Carbohydrates, 8 g; Fiber, 1 g; Sodium, 200 mg.

VARIATION

Leg of Venison Grand Veneur

Leg of venison can be prepared and served in the same way. A whole leg of venison weighing 4–5 lb (about 2 kg) yields 8–10 portions. This larger cut should be marinated slightly longer, 2–3 days.

GRAND VENEUR

The word *veneur* means "huntsman" in French. The title of Grand Huntsman was created by French royalty in the fifteenth century to designate the person responsible for the royal hunt. In the sixteenth century, the royal hunt came to be an elaborate affair, employing nearly 200 people and 100 hunting dogs. The name Grand Veneur came to be used for a brown sauce traditionally served with game such as venison.

Red Wine Marinade for Game

YIELD: 2 QT (2 L)

U.S.	METRIC	INGREDIENTS
4 oz	125 g	Carrot, chopped fine
4 oz	125 g	Onion, chopped fine
4	4	Garlic cloves, crushed
25	25	Parsley stems
2 tsp	10 mL	Dried thyme
4	4	Bay leaves
2 tsp	10 mL	Dried ground sage
1 tsp	5 mL	Peppercorns, crushed
4	4	Cloves
8 fl oz	250 mL	Red wine vinegar
2 qt	2 L	Red wine

PROCEDURE

1. Combine all ingredients in a nonreactive container (e.g., stainless steel, glass, plastic; do not use aluminum).
2. Marinate meat as desired or as indicated in recipe. Marinating times may vary from a few hours to several days. After marinating, use the liquid as a cooking medium and as the base for a sauce.

Per serving: Calories, 25; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 23 g; Fiber, 5 g; Sodium, 200 mg.

Roast Loin of Rabbit with Risotto

PORTIONS: 8 PORTION SIZE: 5–6 OZ (140–160 G) RABBIT, 4 OZ (125 G) RISOTTO, PLUS SAUCE AND GARNISH

U.S.	METRIC	INGREDIENTS
2½–3 lb	1.1–1.3 kg	Boneless saddles of rabbit
as needed	as needed	Oil
2 oz	60 g	Shallots, chopped fine
2 oz	60 g	Carrots, chopped fine
4 oz	125 g	Mushrooms, chopped fine
1	1	Garlic clove, chopped fine
4 fl oz	125 g	Dry white vermouth or white wine
1 pt	500 mL	Rabbit stock or chicken stock, rich and concentrated
to taste	to taste	Salt
2 lb	1 kg	Risotto alla Parmigiana (p. 392)
as desired	as desired	Carrots, small dice, cooked, hot
as desired	as desired	Zucchini, small dice, cooked, hot

PROCEDURE

1. Trim the meat as necessary, leaving the meat in whole pieces.
2. Heat the oil in a sauté pan. Add the rabbit meat and brown on all sides.
3. Transfer to an oven heated to 450°F (230°C) and roast for 5–10 minutes, until medium done (slightly pink in center). Remove the meat from the pan and keep warm.
4. Add the shallots, carrots, mushrooms, and garlic. Brown lightly.
5. Add the vermouth or wine and reduce by half.
6. Add the stock and reduce by half.
7. Strain. Season to taste with salt.
8. Place a mound of risotto in the center of each plate.
9. Cut the rabbit meat into thick slices and arrange over the risotto.
10. Place a few pieces of diced carrot and zucchini on the plate.
11. Spoon the sauce onto the plate around the meat.

Per serving: Calories, 490; Protein, 35 g; Fat, 22 g (27% cal.); Cholesterol, 100 mg; Carbohydrates, 32 g; Fiber, 3 g; Sodium, 224 mg.



ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Baked Pork Chops with Prune Stuffing

Roast Loin of Pork with Sage and Apples

BROILING, GRILLING, AND PAN-BROILING



KEY POINTS TO REVIEW

- What are the steps in the procedure for roasting a beef rib roast?
- What are the steps in preparing pan jus for roast meats?
- How is the procedure for preparing beef jus different from preparing roast beef gravy?
- What are the steps in the carving technique for bone-in roast leg of lamb?

The basic procedures for broiling and grilling are explained on pages 430–431. Review this material carefully before beginning this section. In addition to the core recipe for grilled steak on page 432, this chapter includes a range of grilled and broiled meats to give you additional practice with variations on the basic method.

SAUCES AND ACCOMPANIMENTS FOR GRILLED AND BROILED MEATS

Many kinds of sauces and accompaniments are appropriate for grilled meats, including compound butters; butter sauces such as béarnaise; brown sauce variations such as Bercy, mushroom, and bordelaise; tomato sauce variations; and salsas and relishes. For other examples, see the recipes in this section. Note that, unlike pan sauces made by deglazing sauté pans (p. 433), all these sauces are prepared in advance because broiling or grilling does not give you the opportunity to deglaze a pan.

Part of the appeal of broiled and grilled meats is their brown, crisp surface. For this reason, it is best not to cover the item with the sauce. Also, less sauce is usually served with grilled items than with sautéed items. Serve the sauce on the side or around the meat or, at most, in a thin ribbon across only part of the meat.

Similarly, vegetables and accompaniments for broiled and grilled meats should, in most cases, not be heavily sauced. Grilled vegetables are often good choices as accompaniments.

PAN-BROILING

In the absence of broiling or grilling equipment, similar results can be achieved by cooking meats using the pan-broiling method. Like grilling, this method involved dry heat from below, except that the meat is cooked in a heavy pan rather than on an open grid over a heat source.

Pan-broiling is an especially useful technique for very thin steaks, called ***minute steaks***. Broiling such thin steaks (minute steaks) to the rare stage is difficult because the heat is not high enough to form a good brown crust without overcooking the inside. Pan-broiling in a heavy iron skillet is an answer to this problem.

PROCEDURE for Pan-Broiling Meats

1. Preheat an iron skillet over a high flame until it is very hot. Do not add fat. (The pan should, of course, be well seasoned.)
2. If desired, brush the meat lightly with oil. Place the meat in the pan, presentation side down. Adjust the heat as necessary for proper cooking. Thin cuts should be cooked over very high heat in order to create enough browning in the short time they will cook. Thicker items should be cooked over slightly lower heat so that they will not brown too much during the longer cooking time.
3. During cooking, pour off fat that accumulates in the pan, if necessary.
4. When the bottom of the meat is brown and the meat is cooked halfway, turn it over.
5. Cook the second side until the meat is cooked to the desired doneness.
6. Remove from the pan and serve immediately.

London Broil

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
5 lb	2.4 kg	Flank steak
		Marinade:
8 fl oz	240 mL	Vegetable oil
1 fl oz	30 mL	Lemon juice
1 tsp	5 mL	Salt
1 tsp	5 mL	Black pepper
½ tsp	2 mL	Dried thyme
1½ pt	720 mL	Mushroom Sauce (brown) (p. 193)

PROCEDURE

1. Trim all fat and connective tissue from the beef.
2. Combine the marinade ingredients in a hotel pan. Place the steaks in the pan and turn them so they are coated with oil. Cover and refrigerate at least 2 hours.
3. Remove the meat from the marinade and place in a preheated broiler or grill. Broil at high heat 3–5 minutes on each side, until well browned outside but rare inside (see *Note*).
4. Remove from broiler and let rest 2 minutes before slicing.
5. Slice the meat very thin on a sharp angle across the grain (Fig. 17.4).
6. Weigh 5-oz (150-g) portions. Serve each portion with 2 oz (60 mL) sauce.

Per serving: Calories, 520; Protein, 41 g; Fat, 37 g (65% cal.); Cholesterol, 110 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 370 mg.

Note: Flank steak should be broiled rare. If cooked well done, it will be tough and dry.

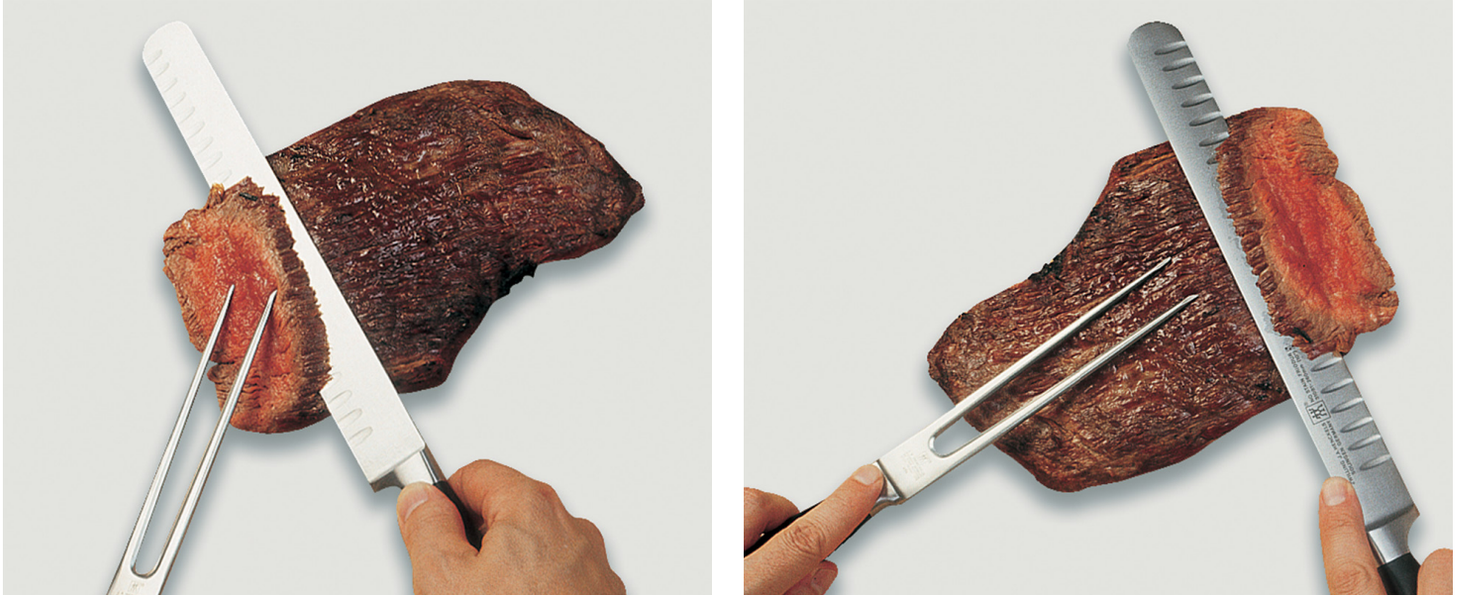
VARIATIONS

Thick-cut steaks from the round or chuck are sometimes used for London broil.

Teriyaki-Style London Broil

Marinate the steaks in a mixture of the following ingredients:
10 fl oz (300 mL) Japanese soy sauce, 3 oz (100 mL) vegetable oil, 2 oz (60 mL) sherry, 3 oz (90 g) chopped onion, 1 tbsp (15 g) sugar, 1 tsp (5 mL) ginger, 1 crushed garlic clove.
Marinate at least 4 hours or, preferably, overnight. Broil as in basic recipe.

FIGURE 17.4 Slicing London broil flank steak.



(a) Holding the knife at a sharp angle, slice the meat in very thin slices across the grain. Use a table fork or kitchen fork to hold the meat steady. Some chefs slice the meat toward the fork.

(b) Others prefer to slice away from the fork. The result is the same.

Beef Fajitas

PORTIONS: 12 PORTION SIZE: 4 OZ (150 G), PLUS GARNISH

U.S.	METRIC	INGREDIENTS	PROCEDURE
3 fl oz	90 mL	Vegetable oil	1. To make a marinade, mix together the oil, lime juice, cumin, chili powder, garlic, salt, and pepper.
6 fl oz	180 mL	Lime juice	
4 tsp	20 mL	Ground cumin	
4 tsp	20 mL	Chili powder	
4	4	Garlic cloves, chopped fine	2. Place the meat in a nonreactive container with the marinade, turning the meat so it is coated on all sides. Refrigerate 2–4 hours.
4 tsp	20 mL	Salt	
2 tsp	10 mL	Pepper	
4 lb	1.9 kg	Beef skirt steak or flank steak, trimmed of fat	3. Remove the meat from the marinade. Grill the meat on both sides on a grill or under a broiler until it is lightly charred and rare to medium done, as desired.
1 fl oz	30 mL	Vegetable oil	4. While the beef is grilling, heat the oil in a large sauté pan over high heat.
1 lb 8 oz	700 g	Bell peppers, assorted colors, cut into strips	5. Add the peppers and sauté briefly, keeping them slightly crisp.
1 lb 8 oz	700 g	Onion, in thick slices	6. Remove the peppers from the pan, and then sauté the onions in the same way.
			7. When the beef is done, remove it from the grill and let it rest 5 minutes.
			8. Slice the meat across the grain into thin slices.
24, or as desired as desired	24, or as desired as desired	Flour tortillas, steamed to soften	9. Serve the meat strips and vegetables on a hot plate or sizzle platter. Serve the tortillas and the garnishes on the side in separate containers. Diners make their own soft tacos by rolling meat, vegetables, and choice of condiments in tortillas.
		Garnishes:	
		Guacamole or sliced avocado	
		Sour cream	
		Shredded lettuce	
		Diced tomato	
		Salsa Cruda (p. 213)	

Per serving: Calories, 740; Protein, 44 g; Fat, 22 g (27% cal.); Cholesterol, 60 mg; Carbohydrates, 88 g; Fiber, 6 g; Sodium, 830 mg.

FAJITAS

The word *fajita* comes from the Spanish word *faja*, meaning "strip" or "belt," because fajitas were originally made from the strip-shaped skirt steak. The dish is Tex-Mex in origin and is not a true Mexican menu item.

Grilled Marinated Pork Tenderloin with Sweet Potato Purée and Warm Chipotle Salsa

PORTIONS: 10 PORTION SIZE: 5 OZ (150 G) MEAT

U.S.	METRIC	INGREDIENTS
4 lb	2 kg	Pork tenderloin
		Wet rub:
2 oz	60 g	Onion, chopped fine
1	1	Garlic clove, chopped fine
2 tbsp	30 mL	Powdered red New Mexico chile (see *Note*)
1 tsp	5 mL	Salt
½ tsp	2 mL	Dried oregano
¼ tsp	1 mL	Ground cumin
⅛ tsp	0.5 mL	Cinnamon
2 fl oz	60 mL	Lime juice
1 fl oz	30 mL	Olive oil
1	1	Garlic clove, unpeeled
1 lb	500 g	Plum tomatoes or other small tomatoes
2	2	Whole chipotle chiles in adobo (canned)
½ tsp	2 mL	Salt
2–3 tsp	10–15 mL	Sauce from the canned chiles
3 lb	1.5 kg	Sweet potatoes
to taste	to taste	Salt

PROCEDURE

1. Trim fat and membranes from the tenderloins (Fig. 16.16).
2. Mix together the onion, garlic, powdered chile, salt, oregano, cumin, cinnamon, lime juice, and oil.
3. Coat the meat with this mixture. Wrap and refrigerate several hours or overnight.
4. Roast the garlic and tomatoes in a preheated 450°F (230°C) oven for 10 minutes.
5. Remove the skins from the tomatoes and garlic. Place the tomatoes and garlic in a blender.
6. Carefully cut open the chiles. Scrape out and discard the seeds. Chop the chiles.
7. Add the chiles, salt, and the sauce from the chiles to the blender. Blend to make a coarse purée. Add more salt if needed.
8. Bake the sweet potatoes at 400°F (200°C) until soft. Cut in half and scoop out the flesh. Pass through a food mill to purée. Season lightly.
9. Scrape the onions and garlic off the meat (they will burn if left on).
10. Grill the meat until just medium-well to well done, as desired (internal temperature at least 145°F (63°C). Be careful not to overcook, or the meat will be dry.
11. To serve, place 3 oz (90 g) sweet potato purée on the plate. Slice the meat across the grain into medallions. Arrange 5 oz (150 g) meat on top of the sweet potato. Drizzle with 1½ oz (45 mL) tomato chipotle salsa.

Per serving: Calories, 410; Protein, 41 g; Fat, 10 g (22% cal.); Cholesterol, 110 mg; Carbohydrates, 38 g; Fiber, 5 g; Sodium, 630 mg.

Note: For a slightly different flavor, or if powdered New Mexico chile is not available, use a regular chili powder blend.



Grilled Marinated Pork Tenderloin with Sweet Potato Purée and Warm Chipotle Salsa

Broiled Smoked Pork Chop with Lentils and Greens

PORTIONS: 15 PORTION SIZE: 1 8-OZ (250-G) PORK CHOP, ABOUT 6 OZ (180 G) VEGETABLES

U.S.	METRIC	INGREDIENTS
15	15	Smoked pork loin chops, bone in, about 8 oz (250 g) each
as needed	as needed	Vegetable oil
3 lb 12 oz	1.8 kg	Braised Lentils with Apples (see *Note*)
1 lb 14 oz	900 g	Collards with Ham (p. 319)

Per serving: Calories, 620; Protein, 57 g; Fat, 26 g (39% cal.); Cholesterol, 110 mg; Carbohydrates, 26 g; Fiber, 9 g; Sodium, 3110 mg.

Note: To view this recipe, (visit CulinarE-Companion online).

PROCEDURE

1. Brush the chops very lightly with oil. Place on a preheated grill or broiler until grill-marked on both sides and heated through. Smoked pork chops are fully cooked, so it is necessary only to heat them through.
2. Serve each chop with 4 oz (120 g) lentils and 2 oz (60 g) collards.



Broiled Smoked Pork Chop with Lentils and Greens, with a salad of apple and radish

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Broiled Lamb Kidneys with Bacon

Grilled Chopped Lamb "Steaks" with Rosemary and Pine Nuts

Grilled Loin of Elk

Grilled Venison with Lime Butter

Grilled Marinated Pork Tenderloin

Shish Kebab

SAUTÉING AND PAN-FRYING

This section includes recipes for both sautéed and pan-fried items. Review pages 432–434 for an explanation of the sautéing procedure, and pages 436–437 for the pan-frying procedure, as it is applied to meats, poultry, and seafood.

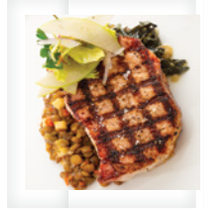
When you have become comfortable with the basic sautéing and pan-frying techniques, you will learn to adapt them and modify them as needed for different preparations. As you look at recipes for sautéing meats, poultry, and fish in this and later chapters, you will find recipes that seem to be slightly different from the basic procedures on page 434. For example, a few recipes appear to be sautés except that the pan is not deglazed to make a sauce. In such cases, you may be using steps 1–7 of the basic sautéing procedure and finishing the dish without a sauce or with a sauce prepared in advance. Be prepared for adaptations and variations of the basic sautéing and pan-frying methods.

STIR-FRYING

As is mentioned in Chapter 15, the technique of stir-frying, used for many Asian dishes, is similar in many ways to sautéing. A detailed procedure for stir-frying is given below. Several recipes in this chapter as well as in Chapters 19 and 21 illustrate how this procedure is put into practice.

BASIC PROCEDURE for Stir-Frying

1. Heat a wok or sauté pan over high heat until very hot.
2. Add a small quantity of oil and let it heat.
3. Add seasonings for flavoring the oil—one or more of the following: salt, garlic, ginger root, scallions.
4. If meat, poultry, or seafood items are part of the dish, add them at this point. As when sautéing, do not overload the pan. Leave the food pieces untouched for a few moments so they begin to brown properly. Then stir and toss them with a spatula so they sear and cook evenly.
5. If any liquid seasoning for the meat, such as soy sauce, is used, add it now, but only in small quantities, so the meat continues to fry and does not start to simmer or stew.
6. Remove the meat from the pan or leave it in, depending on the recipe. If a small quantity of quick-cooking vegetables is used, the meat can sometimes be left in the pan and the vegetables cooked with it. Otherwise, remove the meat when it is almost done and keep it on the side while cooking the vegetables.
7. Repeat steps 2 and 3 if necessary.
8. Add the vegetables to the pan and stir-fry. If more than one vegetable is used, add the longer-cooking ones first and the quicker-cooking ones last.
9. Some dishes are dry-fried, meaning prepared without liquid or sauce. In this case, simply return the meat item, if any, to the pan to reheat with the vegetables, then serve. Otherwise, proceed to the next step.
10. Add liquid ingredients, such as stock or water, and continue to cook and stir until the vegetables are almost cooked.
11. Add the meat item, which was removed in step 6, to the pan to reheat.
12. Optional but widely used step: Add a mixture of cornstarch and water to the pan and cook until lightly thickened.
13. Serve at once.



KEY POINTS TO REVIEW

- What kinds of sauces are appropriate for grilled meat items, and how should these sauces be served?
- What are the steps in the basic procedure for pan-broiling meats?
- What are the steps in the basic procedure for stir-frying meats?

Veal Scaloppine alla Marsala

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
2½ lb	1.25 kg	Small veal scaloppine: 20 pieces, 2 oz (60 g) each (see Fig. 16.15 for preparation of veal)
to taste	to taste	Salt
to taste	to taste	White pepper
for dredging	for dredging	Flour
2 fl oz	60 mL	Oil
4 fl oz	125 mL	Marsala wine
8 fl oz	250 mL	Strong white stock, veal or chicken (see *Note*)
2 oz	60 g	Butter, cut in pieces
2 tbsp	30 mL	Chopped parsley

PROCEDURE

1. Lightly flatten each piece of veal with a meat mallet. Do not pound hard, or you may tear the meat.
2. Dry the meat, season it with salt and pepper, and dredge it in flour. Shake off excess. (Do not do this step until immediately before cooking.)
3. Heat the oil in a large sauté pan until very hot. Add the veal and sauté over high heat just until lightly browned on both sides. (If necessary, sauté the meat in several batches.)
4. Remove the meat from the pan and drain the excess oil.
5. Add the Marsala to the pan and deglaze.
6. Add the stock and reduce over high heat by about half.
7. Add the pieces of butter and swirl the pan until they are melted and blended with the sauce.
8. Add the veal to the pan and bring just to the simmer. Turn the meat to coat it with the sauce.
9. Serve immediately, 2 pieces per portion, sprinkled with chopped parsley.

Per serving: Calories, 360; Protein, 27 g; Fat, 26 g (65% cal.); Cholesterol, 115 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 120 mg.

Note: Brown stock may be used instead of white stock. However, the white stock makes a more delicate product without masking the flavor of the veal.

VARIATIONS

Veal Scaloppine with Sherry

Substitute sherry for the Marsala.

Veal Scaloppine à la Crème

Prepare as in basic recipe, but omit the wine. Deglaze the pan with the stock. Add 1 cup (250 mL) heavy cream and reduce until thickened. Omit the butter. Season the sauce with a few drops of lemon juice. Taste carefully for salt.

Veal Scaloppine with Lemon

Substitute 3 fl oz (90 mL) lemon juice for the 4 fl oz (125 mL) wine. After plating, top each piece of veal with 1 lemon slice and sprinkle with chopped parsley.

Veal Scaloppine with Mushrooms and Cream

Prepare as for Veal Scaloppine à la Crème, but sauté ½ lb (250 g) sliced mushrooms in butter in the sauté pan before deglazing.

Tournedos Vert-Pré

PORTIONS: 1 PORTION SIZE: 5–6 OZ (150–175 G)

U.S.	METRIC	INGREDIENTS
1 oz	30 g	Clarified butter
2	2	Tournedos (see *Note*), 2½–3 oz (75–90 g) each
2 slices	2 slices	Maître d'Hôtel Butter (p. 198)
as needed	as needed	Allumette Potatoes (p. 367)
as needed	as needed	Watercress

PROCEDURE

1. Heat the butter in a small sauté pan over moderately high heat.
2. Place the tournedos in the pan and cook until well browned on the bottom and about half cooked.
3. Turn the meat over and continue to cook until rare or medium done, according to customer's request.
4. Place the tournedos on a hot dinner plate and top each with a slice of maître d'hôtel butter. Garnish the plate with a portion of allumette potatoes and a generous bunch of watercress. Serve immediately, while the butter is still melting.

Per serving: Calories, 640; Protein, 27 g; Fat, 59 g (83% cal.); Cholesterol, 185 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 410 mg.

Note: Tournedos (TOOR-nuh-doe; singular form: one tournedos) are small tenderloin steaks cut about 1½ in. (4 cm) thick. The same recipe may be used for fillet steaks, which are larger but thinner cuts from the tenderloin. See Figure 16.9 for cutting tenderloin.

VARIATIONS

Tournedos Béarnaise

Pan-fry tournedos as in basic recipe and serve with béarnaise sauce (p. 201).

Tournedos Bordelaise

Pan-fry as in basic recipe. Top each steak with 1 slice poached beef marrow and coat lightly with bordelaise sauce (p. 193).

Tournedos Chasseur

Pan-fry as in basic recipe. Plate the steaks and deglaze the sauté pan (drained of cooking fat) with ½ fl oz (15 mL) white wine. Add 2 fl oz (60 mL) chasseur sauce (p. 193), bring to a simmer, and pour around the tournedos.

Tournedos Rossini

Pan-fry as in basic recipe. Set the tournedos on croûtons (rounds of bread cut the same size as the steaks and fried in butter until golden).
Top each steak with 1 slice pâté de foie gras (goose liver pâté) and 1 slice truffle (if available). Coat lightly with Madeira sauce (p. 193).



Tournedos Rossini; Berny Potatoes; Braised Lettuce

Calf's Liver Lyonnaise

PORTIONS: 10 PORTION SIZE: 1 SLICE LIVER, 1½ OZ (50 G) ONION GARNISH

U.S.	METRIC	INGREDIENTS
2 lb	1 kg	Onions
3 oz	90 g	Butter
1 cup	250 mL	Demi-glace or strong brown stock
to taste	to taste	Salt
to taste	to taste	Pepper
10 slices	10 slices	Calf's liver, ½ in. (6 mm) thick, about 4 oz (125 g) each
as needed	as needed	Salt
as needed	as needed	Pepper
as needed	as needed	Flour
as needed	as needed	Clarified butter or oil

Per serving: Calories, 310; Protein, 24 g; Fat, 19 g (54% cal); Cholesterol, 445 mg; Carbohydrates, 13 g; Fiber, 1 g; Sodium, 250 mg.

PROCEDURE

1. Peel and slice the onions.
2. Heat the butter in a sauté pan and add the onions. Sauté them over medium heat until tender and golden brown.
3. Add the demi-glace or stock and cook a few minutes, until the onions are nicely glazed. Season to taste.
4. Place in a bain-marie and keep warm for service.
5. Season the liver and dredge in flour. Shake off excess flour.
6. Pan-fry the liver in butter or oil over moderate heat until browned on both sides and slightly firm to the touch. Do not overcook or use high heat.
7. Serve each portion with 1½ oz (45 g) onion mixture.



Calf's Liver Lyonnaise

Thai Green Curry of Pork with Vegetables

PORTIONS: 12 PORTION SIZE: 7 OZ (200 G)

U.S.	METRIC	INGREDIENTS
2 fl oz	60 mL	Vegetable oil
2 lb	1 kg	Boneless pork loin, cut into thin slices
1 lb	500 g	Bok choy, cut into 1-in. (2.5-cm) pieces
10 oz	300 g	Yellow summer squash, sliced
8 oz	250 g	Green bell pepper, medium dice
6 oz	180 g	Shiitake mushrooms, sliced
1 tbsp	15 mL	Garlic, chopped
12	12	Scallions, sliced
18 fl oz	550 mL	Thai Green Curry Sauce (p. 216), hot

Per serving: Calories, 250; Protein, 18 g; Fat, 19 g (64% cal.); Cholesterol, 40 mg; Carbohydrates, 6 g; Fiber, 2 g; Sodium, 310 mg.

Note: This method of making a curry is designed for advance preparation and quick, last-minute cooking. A more traditional method is to make the sauce as an integral sauce. Stir-fry the meat and vegetables, add curry paste (see sauce recipe, p. 216), and cook until aromatic. Add the coconut milk, other liquids, flavorings, and any other ingredients indicated in the sauce recipe, and finish cooking.

PROCEDURE

1. Heat half the oil in a large sauté pan or wok.
2. Over high heat, stir-fry the pork just until it loses its pink color. Cook it in several batches if necessary. Remove from pan.
3. Add the rest of the oil to the pan.
4. With the pan still over high heat, add the bok choy, squash, peppers, mushrooms, garlic, and scallions. Stir-fry for a few minutes, keeping the vegetables crisp.
5. Return the pork to the pan and add the sauce. Simmer until the pork is cooked through.
6. Serve immediately with steamed rice.



Thai Green Curry of Pork with Vegetables

Stir-Fried Beef with Bell Peppers

PORTIONS: 8 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1 lb 4 oz	600 g	Flank steak
2 fl oz	60 mL	Soy sauce
1 tbsp	15 mL	Sherry or Shaoxing wine
2½ tsp	12 mL	Cornstarch
3	3	Bell peppers, 2 or 3 colors
2 slices	2 slices	Fresh ginger root
1	1	Garlic cloves, sliced
1 oz	30 g	Scallion, sliced
1½–2 fl oz	45–60 mL	Oil
¼ tsp	1 mL	Salt
1 fl oz	30 mL	Chicken stock

PROCEDURE

1. Cut the flank steak lengthwise (with the grain) into strips 2 in. (5 cm) wide. Then cut the strips crosswise into very thin slices. (This is easier if the meat is partially frozen.)
2. Toss the meat with the soy sauce, sherry, and cornstarch. Let marinate 30 minutes or longer.
3. Core and seed the peppers. Cut them into strips ¼ in. (6 mm) wide.
4. Have the ginger, garlic, and scallions ready in separate containers.
5. Stir-fry the beef in 2 or more batches, depending on the size of the pan or wok. Use a little of the oil for each batch, as needed.
6. As each batch of the beef is cooked, remove it from the pan and set it aside.
7. Heat additional oil in the pan and add the salt, ginger, garlic, and scallions. Stir-fry for a few seconds to develop flavor.
8. Add the peppers and stir-fry until lightly cooked but still crisp.
9. Add the stock and toss the vegetables a few times.
10. Return the meat to the pan. Toss the meat with the vegetables until it is hot and evenly combined with the peppers. Serve at once.

Per serving: Calories, 180; Protein, 16 g; Fat, 11 g (54% cal.); Cholesterol, 35 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 525 mg.

VARIATIONS

Other vegetables may be used instead of the peppers, such as celery, broccoli, snow peas, green beans, asparagus, mushrooms, bok choy. Or use 2 or 3 fresh vegetables, plus water chestnuts and/or bamboo shoots.

Chicken or pork may be used instead of beef. If chicken is used, cut it into medium dice or bâtonnet. Also, reduce the quantity of soy sauce to avoid discoloring the light meat of the chicken.



Stir-Fried Beef with Bell Peppers

CHINESE STIR-FRIES

Chinese restaurants in North America often finish stir-fried dishes by adding a quantity of commercially prepared sauce to the mixture. In traditional Chinese cooking, however, the sauce is more often made as part of the stir-frying procedure. Far less liquid is used, so the finished dish has much less sauce than the Chinese-style dishes that most North Americans are familiar with. The recipe included here is an example of this drier style of stir-frying.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Beef Stroganoff

Costolette di Vitello Ripiene alla Valdostana (Veal Cutlets Val d'Aosta-Style)

Medallions of Venison Poîvrade with Cassis

Pork Chops Charcutière

Sautéed Veal Sweetbreads with Shiitake Mushrooms and Port Wine Sauce

Steak en Chevreuil

Thyme-Scented Medallions of Lamb with Balsamic Glaze

SIMMERING, SUBMERSION POACHING, STEAMING, AND SOUS VIDE

Meats are not often simmered. Part of the reason simmered meats are not as popular as meats cooked in other ways may be that they lack the kind of flavor produced by browning with dry heat.

However, as explained in Chapter 15, simmering can be used for less tender cuts for which browning is not desired or not appropriate. Popular examples of simmered meats are cured products such as cured meats and simmered stews.

The core recipe illustrating the basic procedure in Chapter 15 is a fresh meat product. In this chapter, you will find a basic recipe for a cured meat item, corned beef. So, while the recipe follows the basic procedure, the cooking liquid differs, as explained on page 440. Please note that the recipe name "New England Boiled Dinner," is traditional. The meat is not actually boiled but simmered.

The term **stewing** means cooking small pieces of meat by simmering or braising (a composite method that includes both browning and simmering). Stews cooked by braising are covered in the next section. See also the discussion of stewing and braising on pages 448–450.

One difference between stews and many other simmered meats is that stews are served in a sauce or gravy made of the cooking liquid. The procedure for making simmered stews is illustrated by several recipes, including a classic dish called a ***blanquette*** on page 518. The French term blanquette comes from the word ***blanc***, meaning "white," since this is a white, not a browned, stew.

Submersion poaching, more common with fish and poultry, is rarely used for meats. One exception is the recipe for poached beef tenderloin on page 522, which uses flavorful stock and garnish to complement the subtle flavor of the meat.

The steaming procedure for meats is illustrated by the recipe for Pearl Balls in Chapter 15. In this chapter, steaming comes into play in the recipe for Lamb Tagine (p. 521), in which the meat is cooked partly by simmering liquid and partly by steam trapped in the cooking utensil.

Finally, the sous vide recipe in Chapter 15 is supplemented by an additional recipe in this section.

New England Boiled Dinner

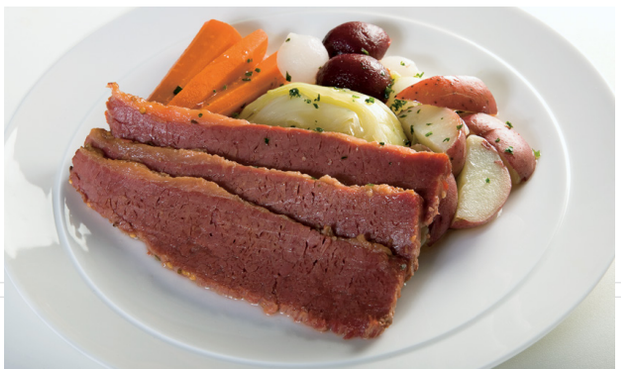
PORTIONS: 8 PORTION SIZE: 3 OZ (90 G) MEAT, PLUS ASSORTED VEGETABLES

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 lb 12 oz	1.4 kg	Corned beef brisket	1. Trim excess fat from corned beef if necessary. 2. Place the beef in a stockpot or steam kettle. Cover with cold water. 3. Bring to a boil and reduce heat to a simmer. Simmer until the meat feels tender when pierced with a fork. Cooking time will be 2–3 hours. 4. To hold and serve hot, place the cooked meat in a steam-table pan and add some of the cooking liquid to keep it moist.
1 heads	1 heads	Green cabbage	5. Prepare the vegetables: Cut each cabbage into 8 wedges; pare the turnips and carrots and cut them into serving-size pieces; peel the onions; scrub the beets and potatoes. 6. Cook the cabbage, turnips, carrots, onions, and potatoes separately in a little of the beef cooking liquid. 7. Steam the beets, then peel them.
1 lb	500 g	Turnips	
1 lb	500 g	Carrots	
24	24	Pearl onions	
16	16	Baby beets	
16	16	Small red-skinned potatoes	
as needed	as needed	Horseradish Sauce (p. 191) or prepared horseradish	8. To serve, cut the meat across the grain into slices, holding the knife at an angle to get broader slices. Serve with horseradish sauce or prepared horseradish.

Per serving: Calories, 700; Protein, 35 g; Fat, 26 g (46% cal.); Cholesterol, 75 mg; Carbohydrates, 81 g; Fiber, 17 g; Sodium, 2240 mg.

VARIATION

To serve the corned beef cold, cool the beef in some of its cooking liquid, to keep it moist, in a cold-water bath. When cool, remove from the liquid and refrigerate, covered. Cold corned beef may be reheated in its cooking liquid.



New England Boiled Dinner

Blanquette of Veal

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
5 lb	2.4 kg	Boneless, trimmed veal breast, shoulder, or shank
1	1	Medium onion stuck with 2 cloves
1	1	Bouquet garni
2 tsp	10 mL	Salt
2½ pt (approximately)	1.2 L (approximately)	White veal stock
		Roux:
2 oz	60 g	Butter, clarified
2 oz	60 g	Flour
		Liaison:
3	3	Egg yolks
8 fl oz	250 mL	Heavy cream
to taste	to taste	Lemon juice
pinch	pinch	Nutmeg
pinch	pinch	White pepper

PROCEDURE

1. Cut the veal into 1-in. (2.5-cm) dice.
2. Blanch the meat: Place in a saucepot and cover with cold water. Bring to a boil, drain, and rinse the meat under cold water (see *Note*).
3. Return the meat to the pot and add the onion stuck with cloves, bouquet garni, and salt.
4. Add enough stock to just cover the meat.
5. Bring to a boil, skim, cover, and lower heat to a slow simmer.
6. Simmer until meat is tender, about 1½ hours. Skim when necessary.
7. Strain the stock into another pan. Reserve the meat and discard the onion and bouquet garni.
8. Reduce the stock to about 20 fl oz (600 mL).
9. Meanwhile, prepare a white roux with the butter and flour. Beat into the stock to make a velouté sauce and simmer until thickened and no raw flour taste remains.
10. Remove the sauce from the heat. Beat the egg yolks and cream together, temper with a little of the hot sauce, and stir into the sauce. (Strain the sauce if desired.)
11. Combine the sauce and meat. Heat gently; do not boil.
12. Season to taste with a few drops of lemon juice, a pinch of nutmeg and white pepper, and more salt if needed.

Per serving: Calories, 350; Protein, 35 g; Fat, 21 g (55% cal.); Cholesterol, 230 mg; Carbohydrates, 4 g; Fiber, 0 g; Sodium, 550 mg.

Note: Blanching eliminates impurities that discolor the sauce. This step can be omitted, but the product will have a less attractive appearance.

VARIATIONS

Blanquette of Lamb

Prepare as in basic recipe, using lamb shoulder or shank. If desired, use white lamb stock.

Blanquette of Pork

Prepare as in basic recipe, using pork shoulder or butt. If desired, use white pork stock.



Blanquette of Veal with Herb Pasta (p. 406) and vegetables

Irish Lamb Stew

PORTIONS: 16 PORTION SIZE: 8 OZ (250 G) MEAT, VEGETABLES, AND BROTH

U.S.	METRIC	INGREDIENTS
3½ lb	1.75 kg	Lean, boneless lamb shoulder or shanks
3 pt (approximately)	1.5 L (approximately)	Water or white lamb stock
1	1	Small onion stuck with 2 cloves
		Sachet:
1	1	Bay leaf
1 clove	1 clove	Garlic
4	4	Whole peppercorns
6	6	Parsley stems
¼ tsp	1 mL	Dried thyme
to taste	to taste	Salt
1 lb	500 g	Onions, sliced thin
8 oz	250 g	Leeks (white part), sliced
2 lb	1 kg	Potatoes, peeled and sliced thin
as needed	as needed	Chopped parsley

PROCEDURE

1. Cut meat into 1-in. (2½-cm) cubes.
2. Bring the water to a boil in a large, heavy saucepot. Add the lamb. There should be just enough liquid to cover the meat; add more liquid if necessary.
3. Return to a boil, reduce heat to a simmer, and skim the scum carefully.
4. Add the onion stuck with cloves, the sachet ingredients tied in a piece of cheesecloth, and salt to taste. Simmer 1 hour.
5. Add the onions, leeks, and potatoes. Continue to simmer until the meat is tender and the vegetables are cooked. The potatoes should break down somewhat and thicken the stew.
6. Remove and discard the sachet and the onion stuck with cloves. Correct the seasoning.
7. Garnish each portion with chopped parsley.

Per serving: Calories, 200; Protein, 18 g; Fat, 7 g (33% cal.); Cholesterol, 60 mg; Carbohydrates, 14 g; Fiber, 2 g; Sodium, 55 mg.

VARIATION

Carrots and white turnips may be cooked with the stew or cooked separately and added as a garnish.

Tripes à la Mode de Caen

YIELD: ABOUT 5 LB (2.4 KG) PORTIONS: 8 PORTION SIZE: 10 OZ (300 G)

U.S.	METRIC	INGREDIENTS
4 lb 8 oz	2.2 kg	Beef tripe
2	2	Calf's feet (see *Note*)
8 oz	250 g	Onion, medium dice
6 oz	185 g	Carrot, sliced
6 oz	185 g	Leek, sliced
		Sachet:
12	12	Peppercorns, lightly crushed
2	2	Bay leaf
12	12	Parsley stems
½ tsp	2 mL	Dried thyme
4	4	Whole cloves
2 pt	1 L	Dry white wine
1 pt	500 mL	White stock
to taste	to taste	Salt
3 oz	90 mL	Calvados (apple brandy)

PROCEDURE

1. Trim all fat from the tripe. Put the tripe in a pot of cold water and bring it to a boil. Simmer 5 minutes. Drain and rinse in cold water. Cut the tripe into 1½-in. (4-cm) squares.
2. Cut the feet into pieces with a meat saw as necessary so they fit into the braising pan.
3. Combine all the ingredients, except the Calvados, in a braising pan or other heavy pot. Salt lightly. Bring to a boil, cover tightly, and put in an oven at 325°F (160°C). Cook 5 hours or longer, until the tripe is very tender.
4. Remove the feet and bone them out. Dice the skin and meat and return it to the pot. Discard the bone, fat, and connective tissue.
5. Stir in the Calvados. Adjust the seasoning. Simmer a few minutes to blend in the flavor of the Calvados.
6. Serve with boiled potatoes.

Per serving: Calories, 640; Protein, 159 g; Fat, 28 g (40% cal.); Cholesterol, 345 mg; Carbohydrates, 8 g; Fiber, 1 g; Sodium, 200 mg.

Note: If calf's feet are not available, substitute twice the number of pig's feet. Do not omit, or the tripe stew will not have enough gelatin to give it the proper texture.

This dish is from the Normandy region of France, famed for, among other things, its apples. The traditional recipe calls for hard cider, but white wine is an acceptable substitute.



Tripes à la Mode de Caen

Shredded Pork (Carnitas)

YIELD: ABOUT 3½ LB (1.6 KG)

U.S.	METRIC	INGREDIENTS
6 lb	2.8 kg	Pork butt or shoulder, boned
1	1	Onion, medium, cut in half
1	1	Garlic clove, chopped
1 tbsp	15 mL	Salt
¼ tsp	1 mL	Pepper
1 tsp	5 mL	Dried oregano
1 tsp	5 mL	Cumin seeds

PROCEDURE

1. **Remove most of the large chunks of fat from the pork, leaving a little of it on. Cut the meat into strips measuring 1–2 in. (2.5–5 cm).**
2. **Put the pork in a large pot with the rest of the ingredients. Add water to barely cover the meat.**
3. **Bring to a boil, reduce heat, and simmer slowly, uncovered, until all the liquid has evaporated. By this time, the meat should be tender. If it is not, add more water and continue to cook until it is.**
4. **Remove the onion and discard it.**
5. **Lower the heat and let the meat cook in the rendered fat, stirring from time to time, until browned and very tender. Shred the meat slightly.**
6. **Serve as a snack, an appetizer, or a filling for tortillas, either as it is or moistened with any of the sauces in this section or with guacamole.**

Per ounces: Calories, 390; Protein, 31 g; Fat, 28 g (67% cal.); Cholesterol, 120 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium 590 mg.

VARIATIONS

Picadillo

Add a little extra water to the basic recipe so some liquid is left when the meat is tender. Drain and degrease the liquid and use it to make Tomato Broth for Chiles Rellenos (p. 212). Heat 3 oz (90 g) oil or lard and sauté 6 oz (175 g) onion, medium dice, and 4 cloves garlic, chopped. Add the meat and a sachet containing 10 peppercorns, 1 small cinnamon stick, and 6 cloves, and brown slowly. Add 4 oz (125 g) raisins, 4 oz (125 g) slivered almonds, and 2 lb (900 g) peeled, seeded, chopped tomatoes. Cook slowly until almost dry. Serve as is or as a stuffing for Chiles Rellenos (p. 348).

Shortcut Picadillo

Instead of preparing Shredded Pork, use 5 lb (2.3 kg) raw ground pork. Sauté it with the onion and garlic in the Picadillo recipe, then proceed as directed with the rest of the Picadillo recipe.

PROCEDURE VARIATION: COMBI OVEN

In place of the procedure in the main recipe, use the following procedure:

1. Remove most of the large chunks of fat from the pork, leaving a little of it on.
2. Grate the onion and garlic together. Combine the grated onion and garlic with the seasonings, and rub over the outside of the pork butt/shoulder.
3. Place the roast in a 225°F (107°C) combi oven in combi-mode and cook until done, by checking internal temperature, about 2½ hours.
4. Shred the meat slightly. Serve as a snack, an appetizer, or a filling for tortillas, either as it is or moistened with any of the sauces in this section or with guacamole.

Lamb Tagine with Chickpeas

PORTIONS: 12 PORTION SIZE: 10 OZ (285 G) MEAT, VEGETABLES, AND SAUCE

U.S.	METRIC	INGREDIENTS
3 fl oz	90 mL	Vegetable oil
8 oz	240 g	Onion, chopped fine
½ oz	15 g	Garlic, crushed
1 tsp	5 mL	Ground ginger
1 tsp	5 mL	Turmeric
1 oz	30 g	Fresh cilantro, chopped
2 tsp	10 mL	Salt
1 tsp	5 mL	Pepper
5½ lb	2.5 kg	Lamb shoulder, boneless, trimmed of fat, cut into 1½-in. (4-cm) pieces
1 pt	500 mL	Water
1½ lb	675 g	Chickpeas, cooked or canned, drained
1½ lb	675 g	Carrots, cut into 1-in. (2.5-cm) pieces
6 oz	180 g	Mediterranean-type olives, such as Kalamata, pitted
3 fl oz	90 mL	Lemon juice
to taste	to taste	Salt

PROCEDURE

1. In a heavy braising pan or casserole or in the base of a tagine (see sidebar, below), mix together the oil, onion, garlic, ginger, turmeric, cilantro, salt, and pepper.
2. Add the lamb to the pan and toss with the spice mixture to coat all the pieces.
3. Add the water. Bring to a boil, and then cover tightly. Simmer slowly on top of the stove or in an oven heated to 325°F (165°C) for 1½ hours.
4. Add the chickpeas and carrots to the pan. If necessary, add a little more water if the tagine is becoming dry.
5. Return to the heat and cook until the carrots and meat are very tender.
6. Add the olives and lemon juice and stir. Simmer another 5 minutes.
7. Remove the meat and vegetables with a slotted spoon.
8. Degrease the cooking liquid.
9. Reduce the cooking liquid over moderate heat until it has the consistency of thick gravy.
10. Season the liquid with salt if necessary. Pour over the meat and vegetables.

Per serving: Calories, 620; Protein, 43 g; Fat, 40 g (57% cal.); Cholesterol, 145 mg; Carbohydrates, 24 g; Fiber, 7 g; Sodium, 640 mg.

TAGINES

A *tagine* (tah zheen) is a type of stew originating in North Africa. It is traditionally cooked in an earthenware pot also called a *tagine*. In Morocco, the traditional tagine consists of a round, shallow base and a cone-shaped lid. The stew is usually cooked on the stovetop over low heat. The dish is usually made with poultry or less expensive cuts of meat, such as lamb neck or shoulder, which are made tender by long, slow cooking.

Traditional spices used to flavor tagines include cinnamon, saffron, ginger, turmeric, cumin, paprika, and black pepper, Vegetables, fruits, nuts, and legumes may also be added to the stew.

The lamb tagine in this book is shown in a classic tagine pot to illustrate the appearance of this vessel. In a commercial kitchen, you are more likely to cook such stews in a brazier or other heavy pan.



Lamb Tagine with Chickpeas

Poached Beef Tenderloin with Root Vegetables and Mushrooms

PORTIONS: 8 PORTION SIZE: 3 ½ OZ (100 G) BEEF, 3 FL OZ (90 ML) BROTH, 2 OZ (60 G) VEGETABLES

U.S.	METRIC	INGREDIENTS
4 oz	120 g	Standard mirepoix
2 cloves	2 cloves	Garlic, crushed
4 fl oz	120 mL	Madeira wine
1 pt	500 mL	Red wine
12 fl oz	375 mL	Brown beef stock
6	6	Juniper berries, crushed
6	6	Allspice berries
2	2	Whole cloves
15	15	Black peppercorns
2 sprigs	2 sprigs	Fresh thyme
1	1	Bay leaf
1 lb 8 oz	720 g	Beef tenderloin, center cut, trimmed of all fat and silverskin
to taste	to taste	Salt
to taste	to taste	Pepper
		Carrot, cut diagonally
		Parsnip, in 1-in. (2.5-cm) batonnet
		Celery root, cut paysanne
		Turnip, medium dice
		Cremini mushrooms, quartered

PROCEDURE

1. Prepare the poaching liquid: combine the mirepoix, garlic, two wines, stock, spices, and herbs in a saucepan.
2. Bring to a simmer. Let simmer for 30 minutes.
3. Let cool to a temperature of 160°F (71°C).
4. While the poaching liquid is simmering and then cooling, prepare the meat and vegetables. Cut the beef tenderloin in half lengthwise into two equal pieces. Season each piece with salt and pepper and wrap tightly in cheesecloth, tying the ends with twine to form a tight cylinder. Set aside until the poaching liquid is ready.
5. Blanch the carrots, parsnip, celery root, turnip, and mushrooms separately in boiling salted water until just cooked. Drain and set aside.
6. Add the beef to the poaching liquid and poach the beef until its internal temperature is 130°F (54°C). While the beef is poaching, keep the poaching liquid at 160°F (71°C).
7. Remove the beef from the liquid and set aside. Strain the liquid into another saucepan. Simmer the liquid 8–10 minutes to reduce slightly. Season to taste.
8. Add the blanched vegetables from step 5 and simmer until the vegetables are heated.
9. Cut the beef into slices and serve in shallow bowls with the vegetables and broth.

Per serving: Calories, 300; Protein, 17 g; Fat, 15 g (45% cal.); Cholesterol, 50 mg; Carbohydrates, 11 g; Fiber, 2 g; Sodium, 150 mg.



Poached Beef Tenderloin with Root Vegetables and Mushrooms

Beef Tenderloin Sous Vide

PORTIONS: 2 PORTION SIZE: APPROX. 6 OZ (180 G)

U.S.	METRIC	INGREDIENTS
2 sprigs	2 sprigs	Fresh thyme
1	1	Bay leaf
4	4	Parsley stems
1 piece	1 piece	Beef tenderloin, center cut, trimmed, about 13 oz (400 g) each
to taste	to taste	Salt
to taste	to taste	Pepper
1 tbsp	15 mL	Vegetable oil
1 oz	30 g	Butter
2 cloves	2 cloves	Garlic, crushed
1 oz	30 g	Shallot, sliced
3 sprigs	3 sprigs	Fresh thyme

PROCEDURE

1. Wrap the thyme, bay leaf, and parsley stems in a small piece of plastic wrap. Cut the ends off the parcel so that it is open at the ends.
2. Place the tenderloin and the parcel of herbs in a vacuum bag. Vacuum at 100% and seal.
3. Cook the beef in a thermal circulator heated to 127°F (53°C) for 45 minutes.
4. Remove the beef from the bag. Discard the herb parcel. Dry the beef on paper towels.
5. Season the beef with salt and pepper.
6. Heat the oil in a small sauté pan. Add the beef and brown evenly on all sides.
7. Reduce heat to low. Add the butter, garlic, shallot, and thyme to the pan. Continue to cook the beef, turning frequently to cook evenly on all sides and basting with the butter.
8. The beef was cooked to the rare stage in the immersion circulator, so to serve it rare, stop cooking after a few minutes. (If medium done beef is desired, the best method is to cook to a higher internal temperature in the immersion circulator. Alternatively, you could cook it slightly longer in the sauté pan at this stage.)
9. Remove from the pan and let rest 10 minutes before slicing for service.

Per serving: Calories, 370; Protein, 35 g; Fat, 23 g (56% cal.); Cholesterol, 125 mg; Carbohydrates, 4 g; Fiber, <1 g; Sodium, 180 mg.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Dillkött

Poached Beef Tenderloin with Beef Short Rib Ravioli in Morel Consommé

BRAISING

Braising is sometimes referred to as a combination cooking procedure, because it combines dry heat—for browning the item—with moist heat—for cooking the item to tenderness in a liquid and at the same time making a sauce. A detailed guide to the braising procedure is given in Chapter 15. Because these procedures have many steps, it is a good idea to review them carefully before continuing with this section.

As Chapter 15 explains, there are three main types of meat items cooked by the braising procedure: large cuts, individual portion cuts, and stews. The core recipe used to illustrate braising is for individual portion cuts, in this case short ribs. In this section, you will find recipes for large cuts and stews as well. The first two recipes are for a classic beef pot roast and a classic beef stew. The pot roast is cooked in an unthickened liquid using the first braising method (p. 450), and the stew is cooked in a thickened liquid using the second braising method.

One special type of stew, the classical ***fricassée***, is described in Chapter 15, but a more complete explanation is left for Chapter 19, where a recipe for Chicken Fricassée is included. This same procedure and recipe, however, can be used for making fricassees of white meats such as veal and pork, as noted later in this section (p. 527). Because the procedure can be given in a short space, it is included here as well, for convenience.

PROCEDURE for Making Classical Fricassées

1. Follow Braising Method 2, page 450, *except*:
   - Do not brown the meat. Cook it gently in the fat without browning.
   - Add flour to the meat in the pan and make a blond roux.
2. Finish the sauce with a liaison of egg yolks and cream.



KEY POINTS TO REVIEW

- How is the procedure for simmering cured meats, such as corned beef, different from simmering fresh meats?
- What are the steps in the procedure for making a classic meat blanquette?
- What are the steps in the procedure for making a classic meat fricassée?

Beef Pot Roast

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G) MEAT, 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS
4 lb 12 oz	2.3 kg	Beef shoulder clod or bottom round, well trimmed (see *Note*)
2 fl oz	60 mL	Oil
		Mirepoix:
4 oz	125 g	Onion, medium dice
2 oz	60 g	Celery, medium dice
2 oz	60 g	Carrot, medium dice
3 oz	90 g	Tomato purée
		or
6 oz	180 g	Tomatoes, canned
2½ pt	1.25 L	Brown stock
		Sachet:
1	1	Bay leaf
pinch	pinch	Dried thyme
6	6	Peppercorns
1	1	Garlic clove
2 oz	60 g	Flour

PROCEDURE

1. Dry the meat so it will brown more easily. Heat the oil in a brazier over high heat and brown the meat well on all sides. Remove from pan. (*Alternative method:* Brown meat in a very hot oven.)
2. Add the mirepoix to the brazier and brown it.
3. Add the tomato product, the stock, and the sachet. Bring to a boil, cover, and place in an oven preheated to 300°F (150°C), or just hot enough to maintain a simmer.
4. Braise the meat until tender, 2–3 hours.
5. Remove meat from pan and keep warm for service in a covered pan. Discard sachet. (See alternative method of service given below.)
6. Skim the fat from the braising liquid and reserve 2 oz (60 g) of it.
7. Make a brown roux with the flour and the reserved fat. Cool the roux slightly.
8. Bring the braising liquid to a simmer and beat in the roux. Simmer the sauce at least 15–20 minutes, or until thickened and reduced slightly.
9. Strain the sauce and adjust the seasonings.
10. Slice the meat across the grain. The slices should not be too thick. Serve each 4-oz (125-g) portion with 2 fl oz (60 mL) sauce.

Per serving: Calories, 320; Protein, 38 g; Fat, 15 g (45% cal.); Cholesterol, 90 mg; Carbohydrates, 4 g; Fiber, 0 g; Sodium, 70 mg.

Note: Other cuts of beef from the round, or from the chuck or brisket, may be used instead of bottom round. Braised round makes the best slices, but it tends to be dry. Chuck (shoulder) and brisket are moister when braised because they have a higher fat content.

VARIATIONS

Alternative Method of Service: Cool beef as soon as it is cooked. For service, slice cold meat on an electric slicer and arrange in hotel pans. Add sauce, cover pans, and reheat in oven or steamer. Individual portions may also be reheated to order in the sauce.

Braised Beef Jardinière

Garnish the finished product with 8 oz (250 g) each carrots, celery, and turnips, all cut bâtonnet and boiled separately, and 8 oz (250 g) pearl onions, boiled and sautéed until brown.

Braised Lamb Shoulder

Prepare boned, rolled shoulder of lamb according to the basic recipe. Use either regular brown stock or brown lamb stock.

Beef Stew

PORTIONS: 12 PORTION SIZE: 8 OZ (250 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.5 kg	Beef chuck, boneless and well trimmed of fat
2 fl oz	60 mL	Oil
8 oz	250 g	Onion, fine dice
1 tsp	5 mL	Chopped garlic
2 oz	60 g	Flour
4 oz	125 g	Tomato purée
1 qt	1 L	Brown stock
		Sachet:
1	1	Bay leaf
pinch	pinch	Thyme
small sprig	small sprig	Celery leaves
8 oz	250 g	Celery, EP
12 oz	375 g	Carrots, EP
8 oz	250 g	Small pearl onions, EP
4 oz	125 g	Tomatoes, canned, drained, and coarsely chopped
4 oz	125 g	Peas, frozen, thawed
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Cut the meat into 1-in. (2.5-cm) cubes.
2. Heat the oil in a brazier until very hot. Add the meat and brown well, stirring occasionally to brown all sides. If necessary, brown the meat in several small batches to avoid overcrowding the pan.
3. Add the onion and garlic to the pan and continue to cook until onion is lightly browned.
4. Add the flour to the meat and stir to make a roux. Continue to cook over high heat until the roux is slightly browned.
5. Stir in the tomato purée and stock and bring to a boil. Stir with a kitchen spoon as the sauce thickens.
6. Add the sachet. Cover the pot and place in an oven at 325°F (165°C). Braise until the meat is tender, 1½–2 hours.
7. Cut the celery and carrots into large dice.
8. Cook the celery, carrots, and onions separately in boiling salted water until just tender.
9. When meat is tender, remove the sachet and adjust seasoning. Degrease the sauce.
10. Add celery, carrots, onions, and tomatoes to the stew.
11. Immediately before service, add the peas. Alternatively, garnish the top of each portion with peas. Season with salt and pepper.

Per serving: Calories, 240; Protein, 27 g; Fat, 9 g (34% cal.); Cholesterol, 60 mg; Carbohydrates, 13 g; Fiber, 2 g; Sodium, 150 mg.

Note: For more elegant service, remove the cooked meat from the sauce before adding the vegetables. Strain the sauce and pour it back over the meat.

VARIATIONS

Vegetables for garniture may be varied as desired.

Beef Stew with Red Wine

Prepare as in basic recipe, but use 1¼ pt (625 mL) dry red wine and 12 fl oz pt (375 mL) brown stock instead of 1 qt (1 L) brown stock.

Boeuf Bourguignon

Prepare Beef Stew with Red Wine, using rendered salt pork or bacon fat instead of oil. (Cut the pork into bâtonnet shapes, sauté until crisp, and save the cooked pork for garnish.) Increase garlic to 1 tbsp (15 mL). Omit vegetable garnish (celery, carrots, pearl onions, tomatoes, and peas) indicated in basic recipe, and substitute lardons (cooked salt pork or bacon pieces), small mushroom caps browned in butter, and boiled pearl onions browned in butter. Serve with egg noodles.

Navarin of Lamb (Brown Lamb Stew)

Prepare as in basic recipe, using lamb shoulder instead of beef chuck. Increase garlic to 1 tbsp (30 mL).

Brown Veal Stew

Prepare as in basic recipe, using veal shoulder or shank.

Brown Veal Stew with White Wine

Prepare Brown Veal Stew, replacing 8 fl oz (250 mL) stock with white wine.

Beef Pot Pie

Fill individual casserole dishes with stew and vegetable garnish. Top with pie pastry (p. 994). Bake in a hot oven (400°–450°F/200°–225°C) until the crust is brown.

Chile con Carne

PORTIONS: 12 PORTION SIZE: 8 OZ (250 G)

U.S.	METRIC	INGREDIENTS
1 lb 4 oz	600 g	Onion, small dice
10 oz	300 g	Green bell pepper, small dice
½ oz	15 g	Garlic, chopped
2 fl oz	60 g	Oil
2½ lb	1.2 kg	Ground beef
3 lb 4 oz	1.4 kg	Canned tomatoes
5 oz	150 g	Tomato paste
1¼ pt	625 mL	Brown stock
1½ oz	45 g	Chili powder
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Sauté the onion, pepper, and garlic in oil in a heavy saucepot until tender but not browned. Remove from the pot.
2. Add the meat to the pot and brown over high heat, breaking it up with a spoon as it browns. Drain off the fat.
3. Return the vegetables to the pot and add the remaining ingredients.
4. Simmer uncovered until the chili is reduced to the desired thickness, 45–60 minutes. Stir occasionally during the cooking period.

Per serving: Calories, 310; Protein, 20 g; Fat, 19 g (54% cal.); Cholesterol, 55 mg; Carbohydrates, 16 g; Fiber, 4 g; Sodium, 380 mg.

VARIATION

Chile with Beans

Add 2 lb (1 kg) (drained weight) cooked or canned and drained kidney beans or pinto beans about 15 minutes before the end of cooking.

Game Chile

In place of the ground beef, use ground bison, venison, elk, caribou, or boar.

Texas Red

YIELD: 6 LB 12 OZ (3 KG) PORTIONS: 12 PORTION SIZE: 9 OZ (250 G)

U.S.	METRIC	INGREDIENTS
6 lb	2.75 kg	Lean beef, preferably chuck or shank, well trimmed
2 fl oz	60 mL	Vegetable oil
1 oz	30 g	Garlic, chopped fine
5 oz	140 g	Chili powder
1½ tbsp	22 mL	Ground cumin
1½ tbsp	22 mL	Dried oregano
1–2 tsp	5–10 mL	Cayenne
2 qt	2 L	Brown stock or beef broth
2 oz	60 g	Cornmeal or masa harina
4 fl oz	120 mL	Cold water
to taste	to taste	Salt

PROCEDURE

1. Cut the beef into 1-in. (2.5-cm) cubes.
2. In a brazier, brown the beef in the vegetable oil over high heat. Brown a little at a time so as not to overcrowd the pan.
3. Add the garlic, chili powder, cumin, oregano, and cayenne to the beef over moderate heat. Stir and cook a few minutes, until the spices are aromatic.
4. Add the stock. Bring to a boil, cover, and place in an oven at 325°F (165°C) for 1½–2 hours, or until the beef is tender.
5. Degrease the cooking liquid carefully.
6. Mix the cornmeal or masa harina with the cold water to make a smooth paste.
7. Stir the cornmeal mixture into the beef mixture.
8. Simmer 30 minutes to thicken the cooking liquid.
9. Season to taste with salt.

Per serving: Calories, 380; Protein, 46 g; Fat, 16 g (38% cal.); Cholesterol, 90 mg; Carbohydrates, 12 g; Fiber, 5 g; Sodium, 200 mg.

VARIATION

Texas Short Ribs

In place of the lean beef, use 7 lb 8 oz (3.4 kg) beef short ribs. After the ribs are tender, remove them from the braising liquid and carefully degrease the liquid. Add just enough cornmeal or masa harina to lightly thicken the liquid, about half the amount in the basic recipe.



Texas Red

Braised Beef with Ancho Chiles

YIELD: 3 LB 12 OZ (1.7 KG) PORTIONS: 10 PORTION SIZE: 6 OZ (170 G) MEAT, 2 FL OZ (60 ML) JUS

U.S.	METRIC	INGREDIENTS
6 lb	2.75 kg	Beef chuck, well trimmed, in large pieces
as needed	as needed	Vegetable oil
1 lb	900 g	Onions, sliced
4 oz	120 g	Slab bacon, in 1 piece
4	4	Whole dried ancho chiles, stems and seeds removed (see *Note*)
1 oz	30 g	Garlic, coarsely chopped
¼ tsp	1 mL	Ground cumin
¼ tsp	1 mL	Dried thyme
¾ tsp	3 mL	Dried oregano
2 oz	60 g	Tomato paste
3 pt	1.5 L	White stock
1 tbsp	15 mL	Salt
1 tsp	5 mL	Pepper

PROCEDURE

1. In a braising pan, brown the beef well in vegetable oil. Brown just a little of the meat at a time if necessary to prevent overcrowding the pan. Remove the meat from the pan.
2. Using additional oil as needed, brown the onions over moderate heat until they are well browned but not scorched.
3. Return the beef to the pot and add the remaining ingredients.
4. Bring to a boil, cover, and place in an oven at 325°F (165°C). Braise about 2 hours, or until the meat is very tender.
5. Remove the meat from the braising liquid and keep warm. Discard the bacon.
6. Degrease the cooking liquid.
7. Remove the chiles from the liquid. Place the chiles, skin side down, on a cutting board, and carefully scrape the soft pulp from the inside surface. Discard the thin, transparent skins. Stir the pulp back into the cooking liquid.
8. Reduce the liquid over moderate heat to about 1½ pt (700 mL).
9. Taste and add salt and pepper if needed.

Per serving: Calories, 410; Protein, 56 g; Fat, 16 g (36% cal.); Cholesterol, 110 mg; Carbohydrates, 9 g; Fiber, 3 g; Sodium, 920 mg.

Note: If whole chiles are not available, or if it is necessary to save the labor of scraping the pulp of the chiles after cooking (step 7), substitute 2½ tbsp (40 mL) ground ancho chiles for the whole chiles.



Braised Beef with Ancho Chiles on Grits with Cheddar, topped with fried parsley

Veal Fricassée
Pork Fricassée

See Chicken Fricassée variations, page 586.

Saltimbocca alla Romana

PORTIONS: 8 PORTION SIZE: 2 PIECES

U.S.	METRIC	INGREDIENTS
16	16	Veal scaloppine, 1½–2 oz (45–60 g) each
to taste	to taste	Salt
to taste	to taste	White pepper
16	16	Thin slices of prosciutto, about the same diameter as the scaloppine
16	16	Fresh sage leaves
2 oz	60 g	Butter
6 fl oz	175 mL	White wine

PROCEDURE

1. Pound the scaloppine with a cutlet pounder. Season with salt and white pepper. Put 1 slice of prosciutto and 1 sage leaf on top of each and fasten with a toothpick.
2. Sauté briefly in butter on both sides.
3. Add the wine and continue to cook until the meat is done and the wine is partly reduced, no more than 5 minutes.
4. Remove the meat from the pan and serve, ham side up, with a spoonful of the pan juices over each.

Per serving: Calories, 320; Protein, 28 g; Fat, 21 g (60% cal.); Cholesterol, 115 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 800 mg.

Osso Buco

PORTIONS: 12 PORTION SIZE: 1 PIECE, APPROXIMATELY 8 OZ (240 G) COOKED WEIGHT, PLUS 1½ FL OZ (45 ML) SAUCE

U.S.	METRIC	INGREDIENTS
12 pieces	12 pieces	Veal shank, cut crosswise into thick slices, about 11 oz (320–350 g) each
to taste	to taste	Salt
to taste	to taste	Pepper
2 fl oz	60 mL	Vegetable oil
as needed	as needed	Flour
1½ oz	45 g	Clarified butter
		Mirepoix:
8 oz	250 g	Onion, small dice
4 oz	125 g	Carrot, small dice
4 oz	125 g	Celery, small dice
¼ oz	7 g	Garlic, chopped
8 fl oz	250 mL	Dry white wine
1 lb	500 g	Canned plum tomatoes, coarsely chopped, with their juice
2–3 strips	2–3 strips	Lemon zest, in wide strips
1 pt	500 mL	Brown stock
		Sachet:
8	8	Parsley stems
¼ tsp	1 mL	Dried thyme
1	1	Bay leaf
		Gremolada (optional):
1½ tsp	7 mL	Grated lemon zest
1½ tbsp	22 mL	Chopped parsley
½ tsp	2 mL	Garlic, chopped fine
2	2	Anchovy filets, chopped fine (optional)

PROCEDURE

1. Tie each piece of veal shank tightly around the circumference to hold the meat to the bone.
2. Lightly season the meat with salt and pepper.
3. Heat the oil in a brazier just large enough to hold the pieces of veal shank in a single layer.
4. Dredge each piece of meat in flour to coat completely, then shake off the excess.
5. Brown the meat on all sides in the oil.
6. Remove the meat from the pan and set it aside.
7. Drain off excess oil from the pan, then add the clarified butter.
8. Add the mirepoix and garlic. Brown lightly.
9. Return the meat to the pan and add the white wine. Simmer about 10 minutes.
10. Add the tomatoes, lemon zest, stock, and sachet. Bring to a simmer, cover, and place in an oven at 325°F (160°C). Braise until the meat is very tender, 1½–2 hours.
11. Remove the meat from the pan with a slotted spoon and set aside in a warm place.
12. Strain and degrease the sauce. Reduce the sauce, if necessary, to about 1½ fl oz (45 mL) per portion. The flour on the meat should have been enough to thicken the sauce to a very light consistency.
13. The traditional but optional seasoning finish for osso buco is called gremolada. Mix together the lemon zest, parsley, garlic, and anchovy. Just before serving, sprinkle the gremolada over the osso buco and turn the meat so it gets an even coating of the mixture.
14. Serve 1 piece of veal shank per portion, along with 1½ fl oz (45 mL) sauce. Osso buco is traditionally served with Risotto Milanese (p. 392) as well.

Per serving: Calories, 360; Protein, 42 g; Fat, 14 g (11% cal.); Cholesterol, 170 mg; Carbohydrates, 10 g; Fiber, 2 g; Sodium, 260 mg.

OSSO BUCO

Osso buco is a traditional dish from Milan, in northern Italy. The name means "bone with a hole," referring to the section of shank bone that characterizes this cut.



Osso Buco

Sauerbraten

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G), 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS
5 lb	2.5 kg	Beef bottom round, trimmed (see *Note*)
		Marinade:
1 pt	500 mL	Red wine vinegar
1 pt	500 mL	Water
8 oz	250 g	Onion, sliced
4 oz	125 g	Carrot, sliced
1	1	Garlic cloves, chopped
1 oz	30 g	Brown sugar
1	1	Bay leaves
2	2	Whole cloves
½ tsp	2 mL	Peppercorns, crushed
1 tsp	5 mL	Salt
as needed	as needed	Vegetable oil, if needed for browning meat
4 fl oz	125 mL	Red wine
2 oz	60 g	Gingersnap crumbs

PROCEDURE

1. Place the trimmed beef in a nonmetallic crock or barrel.
2. Add all the marinade ingredients to the crock. If the meat is not completely covered by the liquid, add equal parts vinegar and water until it is. Cover.
3. Refrigerate 3–4 days. Turn the meat in the marinade every day.
4. Remove the meat from the marinade. Dry it thoroughly with paper towels.
5. Brown the meat on all sides. This may be done on the range in an iron skillet, on a very hot griddle, under the broiler, or in a brazier in a hot oven.
6. Place the meat in a braising pan. Strain the marinade. Add the vegetables to the meat and enough of the liquid to cover the meat by half. Cover and braise in a 300°F (150°C) oven until the meat is tender, 2–3 hours.
7. Remove the meat from the braising liquid and transfer to a hotel pan. Set aside.
8. Strain 1 qt (1 L) of the braising liquid into a saucepan and skim off fat. Bring to a boil. Reduce to about 1½ pt (750 mL).
9. Add the wine and boil another 2–3 minutes.
10. Reduce heat to a simmer and stir in the gingersnap crumbs. Simmer another 3–4 minutes. Remove from heat and let stand 5 minutes to allow the crumbs to be completely absorbed.
11. Slice the meat across the grain. Serve 4 oz (125 g) meat per portion, overlapping the slices on the plate. Ladle 2 oz (60 mL) sauce over the meat.

Per serving: Calories, 260; Protein, 37 g; Fat, 8 g (32% cal.); Cholesterol, 80 mg; Carbohydrates, 4 g; Fiber, 0 g; Sodium, 110 mg.

Note: If you are preparing this item in large quantities and are using whole bottom round (called gooseneck), separate the eye of round from the bottom round and cut the bottom round in half lengthwise, so two pieces are about the size of the eye of round.

Brisket or chuck may also be used for sauerbraten. They do not make attractive slices, but the eating quality is very good.

VARIATION

Sauerbraten with Sour Cream Gravy

Marinate and braise meat as in basic recipe. Prepare gravy through step 8. Thicken the sauce with a roux made of 2 oz (60 g) butter or beef fat, 2 oz (60 g) flour, and 1 oz (30 g) sugar. Cook the roux until well browned and use it to thicken the sauce. Omit wine and add 4 oz (125 mL) sour cream.



Sauerbraten with Braised Red Cabbage and Potato Dumplings

Veal Curry with Mangos and Cashews

PORTIONS: 12 PORTION SIZE: 8 OZ (250 G)

U.S.	METRIC	INGREDIENTS
4½ lb	2.25 kg	Boneless, lean veal (shoulder, shank, or breast)
4 fl oz	125 mL	Oil
1 lb 4 oz	600 g	Onions, medium dice
1 tbsp	15 mL	Garlic, chopped
2½ tbsp	37 mL	Curry powder (see *Note*)
1½ tsp	7 mL	Ground coriander
1½ tsp	6 mL	Paprika
½ tsp	2 mL	Ground cumin
½ tsp	2 mL	Pepper
¼ tsp	1 mL	Cinnamon
1	1	Bay leaves
1 tsp	5 mL	Salt
2 oz	60 g	Flour
1 qt	1 L	White stock
5 oz	150 g	Tomato concassé
4 fl oz	125 mL	Heavy cream, hot
2	2	Mangos
as needed	as needed	Boiled or steamed rice
2 oz	60 g	Cashews, coarsely chopped
1 tbsp	15 mL	Chopped parsley

PROCEDURE

1. Cut the veal into 1-in. (2.5-cm) cubes.
2. Heat the oil in a brazier over medium heat. Add the meat and cook it in the fat, stirring occasionally, until seared on all sides but only lightly browned.
3. Add the onions and garlic to the pan. Sauté until softened, but do not brown.
4. Add the spices and salt and stir. Cook 1 minute.
5. Stir in the flour to make a roux and cook another 2 minutes.
6. Add the stock and tomatoes. Bring to a boil while stirring.
7. Cover and simmer slowly in the oven (300°F/150°C) or on top of the range until the meat is tender, 1–1½ hours.
8. Degrease, discard the bay leaf, and add the cream. Adjust the seasonings.
9. Peel the mangos with a paring knife or vegetable peeler. Cut the mango flesh from the stone in thick slices. Cut into medium dice.
10. To serve, place a bed of rice on a plate. Spoon the curry onto the center of the rice. Top with diced mango. Sprinkle with chopped cashews and chopped parsley.

Per serving: Calories, 430; Protein, 31 g; Fat, 26 g (64% cal.); Cholesterol, 95 mg; Carbohydrates, 18 g; Fiber, 2 g; Sodium, 330 mg.

Note: If desired, increase curry powder to taste and omit other spices (except bay leaf).

VARIATIONS

In place of the mango and cashews, serve meat curries with an assortment of other condiments, such as raisins, chutney, peanuts, chopped scallions or onions, diced pineapple, diced banana, diced apple, shredded coconut, and poppadums.

Lamb Curry

Substitute lean boneless lamb shoulder, breast, or leg for the veal.



Veal Curry with Mangos and Cashews

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Boeuf à la Mode (Beef Braised in Red Wine)

Braised Sweetbreads

Carbonnade à la Flammande

Hungarian Goulash (Veal, Beef, or Pork)

Lamb Vindaloo

Lombatine di Maiale alla Napoletana (Braised Pork Chops Naples-Style)

Provençal Beef Stew

Rabbit with Mustard

Swedish Meatballs

QUESTIONS FOR DISCUSSION

1. Why does the recipe for Roast Brined Pork Loin with Date and Gorgonzola Stuffing (p. 499) include no pan gravy or jus?
2. The recipes for Roast Pork Tenderloin with Kalbi Marinade (p. 502) and Loin or Rack of Venison Grand Veneur (p. 505) instruct you to dry the meat with paper towels before roasting. Why?
3. In the recipe for Home-Style Meatloaf (p. 504), why are the sautéed vegetables cooled after cooking in step 1?
4. When plating a grilled steak with a sauce, how should the sauce be added to the plate?
5. You have the following ingredients and would like to make a stir-fried dish with them: pork loin, bok choy, red pepper flakes, soy sauce, fresh ginger, garlic, cornstarch, water, oil, and salt. Explain what steps you would use to make this dish.
6. Why is the menu term "New England Boiled Dinner" inaccurate?
7. What is the difference between Veal Blanquette and Veal Fricassée?