

Recipe book

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Estouffade

for 6 people

Ingredients	Quantity
Beef stew	1 - 1/2 lb
Red wine - strong (Syrah, Merlot)	1 bottle
Large Onions	3
Butter	
(Optional) Lardons	1/2lbs
Garlic	3 cloves
Flour	2 tbsp
Carrots - can be replaced in part by Parsnips	4 medium-sized
Beefstock	2 cubes
Bouquet Garni (sage, thyme, rosemary)	1
Cloves	6
Mushrooms	2 lb
(Optional) Roux	

Step 1 – If you have lardons, cook them in butter until golden, then remove them, leaving the fat. Otherwise, continue.

Step 2 – Cut 2 onions in quarters, spike the 3^r with the cloves

Step 3 – Cut carrots in cylinders 1 1/2 - 2 inches long

Step 4 – Dissolve the 2 cubes of beefstock in hot water (.75 cl)

Step 5 – Melt butter and sear beefstew and the cut onions until browned

Step 6 – Add pressed or grated garlic

Step 7 – Add flour and sear till golden (*singer*)

Step 8 – Add Carrots (and optionnally Parsnips)

Step 9 – Add beefstock and red wine (*mouiller*), add water till 90% of the height of the solids

Step 10 – Add Bouquet Garni and clove-spiked onion

Step 11 – Add lardons

Step 12 – Simmer for 2 1/2 - 3 hours (low heat). Taste after 1 1/2 hours and adjust seasoning (salt, pepper, water).

Step 13 – Towards the end, sautéed the sliced mushrooms in butter and add to pot

Step 14 – (Optional) To thicken the sauce, make a Roux, then mix with 3 or 4 ladles of sauce before adding to the pot.

Step 15 – Taste and adjust seasoning. Serve hot on rice or steamed potatoes.

Estouffade à la Provençale

for 6 people

Ingredients	Quantity
Beef stew	1 - 1/2 lb
White wine - strong - Sauvignon Blanc/Muscadet	1 bottle
Large Onions	3
Olive oil	
(Optional) Lardons	1/2lbs
Garlic	3 cloves
Flour	2 tbsp
Carrots - can be replaced in part by Parsnips	4 medium-sized
Chickenstock	2 cubes
Bouquet Garni (sage, thyme, rosemary)	1
Cloves	6
Mushrooms	2lb
Tomatoes	1lb
Pitted green Olives	1/2lb

Step 1 – Same as Estouffade, but replace Red Wine with White Wine and butter with olive oil.

Step 2 – Cut tomatoes in half. Remove liquid & seeds. Cut flesh in small cubes

Step 3 – Right after adding the liquid (chickenbroth and white wine) add tomato cubes.

Step 4 – 30min before end of simmering, add olives.

Roux

Ingredients	Quantity
Butter	3 tbsp
Flour	Same weight as butter

Step 1 – Melt butter in pan

Step 2 – Add flour progressively

Step 3 – Mix and cook to desired color. The darker the nuttier, the lighter the more thickness it will bring to sauce.
