

*A recipe from: Bistro
cooking*

Home-cooking by Chef
Henri-Gabriel Hiribarne

Making: easy

Preparation: 10 minutes

Cooking: 5 + 15 minutes

Cost: \$\$



Ingredients



Making Red Wine Sauce.



Ready to eat!

Photos: ©Ariane Bailey

Recipe: Pavé de bœuf à la bordelaise (Steak with Red Wine Sauce) for 4

In France, a good steak with French fries is the most asked for dish in the Bistros. An “entrecote” is the tenderest cut of beef (New York strips are a close equivalent). For this recipe, you can use Thick Top Sirloin Steak which will be cooked rare or medium rare; if it is well-done, for the French, it is a waste of good meat. In this recipe, the classic sauce “à la bordelaise” made with onions, red wine, beef broth and butter will top the steak.

Ingredients

- **Thick Top Sirloin Steak or New-York Strips Steak**
- Beef : 1 lb (454 gr) - 4 oz (115 gr) /person
- Fat: 1tsp vegetable oil+ 1 TSP butter

Red Wine Sauce

- Onion: ½ large onion, finely chopped
- Butter: 3 TSP (1/3 stick, 40 gr) unsalted butter
- Flour: 1 tsp cornstarch
- Wine: 1 cup (250 ml) red wine
- Broth: ½ cup (125ml) beef broth
- Salt: pinch
- Pepper: ¼ tsp freshly ground pepper

Preparation for cooking

Cooking the steak

The meat must be dry at room temperature before cooking. The cooking technique is very simple, put the oil & butter into a skillet on moderate high heat until you see the butter foam begin to subside, wait for 15 seconds and sauté the steak for 3/4 minutes on one side for cooking it rare (5 mn for medium rare) and turn the steak and sauté for 3/4 minutes more. Remove the steak to a hot platter and season it with salt and pepper, set aside while making the Red Wine Sauce.

Making the Red Wine Sauce

Pour the fat out of the skillet and add the butter. Stir in the onions with a wooden spoon and cook slowly for 2 minutes; sprinkle flour over the onion and cook a minute more. Pour the wine into the skillet and give a quick boil for 30 seconds, add the beef broth; then reduce to a lower heat for 10 minutes until the liquid has reduced by half, like a syrup. Season with salt and pepper.

Off the heat, beat in butter a spoonful at a time until the sauce has thickened.

Serving

- Spread the Red wine sauce over the steak and serve.

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Making: easy

Preparation: 5 minutes

Cooking time: 15 minutes

Cost: \$



Ingredients



Peas braised



Ready to eat!

Photos: ©Ariane Bailey

Recipe: Petits pois à la Française (Peas braised with vegetables) for 4

This dish is a starter but can be considered like a main course and is eaten with a spoon! You can use frozen green peas. If you wish it to be a vegetarian dish don't add any meat.

Ingredients

- Peas: 1 lb (454 gr) frozen green peas
- Carrot: 2 carrots sliced
- Onion: 1 medium onion sliced
- Butter: 2 Oz (57 gr) unsalted butter
- Ham: 2 Oz () Country ham hocks sliced
- Broth: 2 cups (460 ml) chicken broth
- Sugar: 1 tsp (5 gr) sugar
- Salt: a pinch of salt
- Pepper: ¼ tsp freshly ground pepper
- Thyme: 1 tsp (3 gr) thyme

Braised peas preparation

- Boil the chicken broth
- In a saucepan heat the butter and fry onions, carrots and ham for 3 minutes
- Add frozen green peas and stir all vegetables with sugar and thyme
- Put in enough broth to cover all ingredients and bring to a gentle simmer, cover the pan and cook for 12 minutes
- Season with salt and pepper and set aside.

Serving

- Serve warm peas braised with toasted bread.

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Making: easy

Cooking: 20 minutes
Preparation: 10 minutes

Cost: \$



Ingredients



Ready to eat!

Photos: ©Ariane Bailey

Recipe: Purée de pommes de terre (Potato purée) for 4

This very simple family recipe was made famous by three-stars Chef Joel Robuchon in Paris! The nutty taste of his puree can't be obtained without "rattes french potatoes" which are very hard to find in the US. Choose good ingredients: big potatoes, unsalted butter and whole milk.

Ingredients

- Potato: 2 lb (910 gr) baked potatoes - 8 oz/person
- Butter: 6 oz (175 gr)unsalted butter
- Milk: ½ cup whole milk
- Salt: 1 tsp salt
- Pepper: ¼ tsp freshly ground pepper

Puree preparation

- Peel potatoes and quarter each piece.
- In a sauce pan cook all potatoes in cold water (1/2 gallon) with 1 tsp salt for 20 minutes.
- Drain and mash the potatoes with a fork or use a vegetable mill to obtain a puree.
- Dry the puree slightly in the sauce pan for 5 minutes over low heat, use a food spoon to stir
- Boil the milk and set aside
- Cold butter is mixed in the puree, in a little at a time with a wooden spoon, to get a smooth and unctuous puree.
- Hot milk is whisked in (until it is melted) with a hand whisk giving the puree an airy savour.

Serving

- Serve the hot potatoe puree immediately with any meat.

A recipe from: Tatin sister's

French Home Cooking by Chef
Henri-Gabriel Hiribarne

Making: easy

Preparation: 6 minutes

Cooking: 35 minutes

Cost: \$\$



Ingredients



Cooking apples!



Before cooking



Ready to eat!

Recipe: Tarte Tatin (Upside-down Apple Tart) for 8

This wonderful dish from the Tatin sisters was accidental and results in a French masterpiece recipe. When the tart is cooked, it is reversed onto a serving dish to present its caramelized apples quarter.

Ingredients

- Apple: 5/6 golden delicious or pink ladies
- Sugar: 5 Oz (140 gr) granulated sugar
- Water: 2 Tsp
- Butter: 4 Oz (113 gr) unsalted butter at room T°
- Cinnamon: 1 tsp
- Pie crust: 1 ready-to-bake 9" pie crust
- Alcohol: 1 Tsp of Calvados or old Rum

Tarte Tatin preparation

- Preheat the oven to 375°F (180°C)
- First peel, core and quarter the apples
- In a heavy pan, heat sugar with 2 Tsp of water, when a syrup has formed (2 minutes), let it bubble gently until it begins to caramelize (do not stir with a spoon or it will crystallize).
- When it has reached a golden brown color, remove the pan from the heat and add butter. Stir it gently with a wooden spoon until it becomes smooth.
- Add all apples and cook gently in the hot caramel over low-medium heat for 5/6 minutes and pour 1 Tsp old Rum on the apple.
- Arrange apples in a spiral or concentric circles and set aside 10 minutes in a cool place
- Put the pie crust on the top of apples and tuck it around them like a blanket on a bed
- Bake pie at 350°F (180°C) for 25 minutes until crust is golden brown and take the tart out of oven and set aside 5 minutes
- Turn the tart upside-down onto a desert plate.
- Sprinkle the tart with powdered sugar and run under a moderate hot broiler for 2/3 minutes to caramelize the apples surface.

Serving

- Serve warm (best with plain "crème fraiche")