

France



Bouillabaisse (French Provencal seafood stew)

Servings: 6-8

Ingredients:

Soup

Oil, olive 1/4 c
Onion chopped 1 ea
Celery chopped 2 ribs
Garlic crushed 4 cloves
Fish bones 2-3 lbs
Water 2 Q
White wine (opt.) 1 c
Tomatoes chopped 1 lb
Orange peel no pith 1 piece, about 2-3" long
Parsley 6-8 sprigs
Bay leaf 1 ea
Thyme, fresh or dry 2 sprigs or 1 t
Fennel bulb, or dried fennel seed (opt.) chopped 1 bulb or 1 t
Saffron (opt.) 1 pinch
Salt 2 t
Peppercorns 6-8 ea
Fish & seafood 5-6 lbs

Rouille

Pepper, red bell roasted, peeled, seeded 1 ea
Potato cooked, peeled 1 ea
Pepper, hot chile seeded, minced 1 ea
Garlic crushed 4 cloves
Basil, fresh chopped 2 T
Broth from above 1/4 to 1/3 c
Salt & pepper to taste
Oil, olive 1/4 c
French bread sliced, toasted 2-3 pcs per person

Directions:

In a large pot or Dutch oven, heat the olive oil over a medium flame.
Add the onions and celery, and sauté slowly till onions are wilted and translucent.
Add the second set of ingredients and bring to a simmer.
Simmer for 30-40 minutes.

Strain the broth, and adjust seasoning.

(Recipe can be prepared up to this point and the broth kept in the fridge till needed.)

Meanwhile make the rouille.

Puree the first set of ingredients, using just a little of the broth, in a blender or food processor.

With the blender or processor running, gradually pour in the olive oil.

Thin out the sauce a little with the rest of the broth.

Sauce should remain thick, however.

Place in a sauce boat or small bowl.

Bring the broth to a simmer again over medium heat.

Add the fish and seafood in batches, starting with the firmest fish first and ending with the most delicate seafood.

Simmer until all the fish and seafood is cooked through, about 10 minutes.

Place the toasted bread in the bottom of each individual's bowl.

Place a piece of each of the types of fish and seafood over the bread in each bowl, and spoon the broth over all.

Pass rouille at the table for each guest to stir into the bouillabaisse.

Chicken in Red Wine with Onions, Mushrooms and Bacon: Coq Au Vin

Recipe courtesy Julia Child, *Mastering the Art of French Cooking*, Volume One, Alfred A. Knopf, 1995

This popular dish may be called coq au Chamberlain, coq au Riesling, or coq au whatever wine you use for its cooking. It is made with either white or red wine, but red is more characteristic. In France it is usually accompanied only by parsley potatoes; buttered green peas could be included if you wish a green vegetable. Serve it with a young, full-bodied red Burgundy, Beaujolais or Cotes du Rhone.

Ingredients:

- 3 to 4-ounce chunk lean bacon
- 2 tablespoons unsalted butter
- 2 1/2 to 3 pounds frying chicken, cut into pieces
- 1/2 teaspoon salt, plus additional for seasoning
- 1/8 teaspoon pepper, plus additional for seasoning
- 1/4 cup cognac
- 3 cups young, full-bodied red wine, such as Burgundy, Beaujolais, Cotes du Rhone, or Chianti
- 1 to 2 cups brown chicken stock, brown stock or canned beef bouillon
- 1/2 tablespoon tomato paste
- 2 cloves mashed garlic
- 1/4 teaspoon thyme leaves
- 1 bay leaf
- 12 to 24 Brown-Braised Onions, recipe follows
- 1/2 pound Sauteed Mushrooms, recipe follows
- 3 tablespoons all-purpose flour
- 2 tablespoons softened butter
- Fresh parsley leaves

Directions:

Remove the rind and cut the bacon into lardoons (rectangles 1/4-inch across and 1-inch long).
Simmer for 10 minutes in 2 quarts of water.
Rinse in cold water. Dry.
In a heavy large heavy bottomed casserole or Dutch oven, saute the bacon slowly in hot butter until it is very lightly browned (temperature of 260 degrees F for an electric skillet).
Remove to a side dish.
Dry the chicken thoroughly.
Brown it in the hot fat in the casserole. (360 degrees F for the electric skillet.)
Season the chicken with salt and pepper.
Return the bacon to the casserole with the chicken.
Cover and cook slowly (300 degrees F) for 10 minutes, turning the chicken once.
Uncover, and pour in the cognac.

Averting your face, ignite the cognac with a lighted match.
Shake the casserole back and forth for several seconds until the flames subside.
Pour the wine into the casserole.
Add just enough stock or bouillon to cover the chicken.
Stir in the tomato paste, garlic and herbs.
Bring to a simmer.
Cover and simmer slowly for 20 to 25 minutes, or until the chicken is tender and its juices run a clear yellow when the meat is pricked with a fork.
Remove the chicken to a side dish.
While the chicken is cooking, prepare the onions and mushrooms.
Simmer the chicken cooking liquid in the casserole for 1 to 2 minutes, skimming off fat.
Then raise the heat and boil rapidly, reducing the liquid to about 2 1/4 cups.
Correct seasoning. Remove from heat, and discard bay leaf.
Blend the butter and flour together into a smooth paste (beurre manie).
Beat the paste into the hot liquid with a wire whip.
Bring to the simmer, stirring and simmer for 1 to 2 minutes.
The sauce should be thick enough to coat a spoon lightly.
Arrange the chicken in a casserole, place the mushrooms and onions around it and baste with the sauce.
If the dish is not to be served immediately, film the top of the sauce with stock or dot with small pieces of butter.
Set aside uncovered for no longer than 1 hour or cool, cover and refrigerate until needed.
Shortly before serving, bring the casserole to a simmer, basting the chicken with the sauce.
Cover and simmer slowly for 4 to 5 minutes, until the chicken is heated through.
Serve from the casserole, or arrange on a hot platter.
Decorate with sprigs of parsley.

Brown-Braised Onions:

1 1/2 tablespoons butter
1 1/2 tablespoons oil
18 to 24 peeled white onions, about 1-inch in diameter
1/2 cup brown stock, canned beef bouillon, dry white wine, red wine, or water
Salt and pepper
Medium herb bouquet: 4 parsley sprigs, 1/2 bay leaf and
1/4 teaspoon thyme tied in cheesecloth

When the butter and oil are bubbling in the skillet, add the onions and saute over moderate heat for 10 minutes, rolling the onions about so they will brown as evenly as possible. Be careful not to break their skins. You cannot expect to brown them uniformly.

Braise them as follows:

Pour in the stock, season to taste, and add the herb bouquet.
Cover and simmer slowly for 15 to 20 minutes until the onions are perfectly tender but retain their shape, and the liquid has evaporated.

Remove herb bouquet.
Serve them as they are.

Bake them as follows:

Transfer the onions and their sauteing fat to a shallow baking dish or casserole just large enough to hold them in 1 layer.

Set uncovered in upper third of a preheated 350 degree F oven for 40 to 50 minutes, turning them over once or twice.

They should be very tender, retain their shape and be a nice golden brown.

Remove herb bouquet.

Serve them as they are.

Sauteed Mushrooms:

2 tablespoons butter

1 tablespoon oil

1/2 pound fresh mushrooms, washed, well dried, left whole if small, slice or quartered if large

1 to 2 tablespoons minced shallots or green onions, optional

Salt and pepper

Place the skillet over high heat with the butter and oil.

As soon as you see that the butter foam has begun to subside, indicating it is hot enough, add the mushrooms.

Toss and shake the pan for 4 to 5 minutes.

During their saute the mushrooms will at first absorb the fat.

In 2 to 3 minutes the fat will reappear on their surface, and the mushrooms will begin to brown.

As soon as they have browned lightly, remove from heat.

Toss the shallots or green onions, if using, with the mushrooms.

Saute over moderate heat for 2 minutes.

Sauteed mushrooms may be cooked in advance, set aside, then reheated when needed.

Season to taste just before serving.

Boeuf Bourguignon

Boeuf a la Bourguignonne---Beef Stew in Red Wine, with Bacon, Onions, and Mushrooms

As is the case with most famous dishes, there are more ways than one to arrive at a good boeuf bourguignon. Carefully done, and perfectly flavored, it is certainly one of the most delicious beef dishes concocted by man, and can well be the main course for a buffet dinner. Fortunately you can prepare it completely ahead, even a day in advance, and it only gains in flavor when reheated.

Vegetable and Wine Suggestions:

Boiled potatoes are traditionally served with this dish. Buttered noodles or steamed rice may be substituted. If you also wish a green vegetable, buttered peas would be your best choice. Serve with the beef a fairly full-bodied, young red wine, such as Beaujolais, Cotes du Rhone, Bordeaux-St. Emillion, or Burgundy.

For 6 people

Preheat oven to 450 degrees.

Ingredients:

6-ounce chunk of bacon
9 to 10 inch fireproof casserole 3 inches deep
1 Tbsp. olive oil or cooking oil
slotted spoon
3 lbs. lean stewing beef cut into 2-inch cubes
1 sliced carrot
1 sliced onion
1 tsp salt
1/4 tsp pepper
2 Tbsp flour
3 cups of a full-bodied, young red wine such as one of those suggested for serving, or a Chianti
2 to 3 cups brown beef stock or canned beef bouillon
1 Tbsp tomato paste
2 cloves mashed garlic
1/2 tsp thyme
a crumbled bay leaf
the blanched bacon rind
18 to 24 small white onions, brown-braised in stock
1 lb. quartered fresh mushrooms sautéed in butter
parsley sprigs

Instructions:

Remove rind, and cut bacon into lardons (sticks, inch thick and 1/2 inches long).
Simmer rind and bacon for 10 minutes in 1/2 quarts of water.
Drain and dry.

Sauté the bacon in the oil over moderate heat for 2 to 3 minutes to brown lightly. Remove to a side dish with a slotted spoon. Set casserole aside. Reheat until fat is almost smoking before you sauté the beef. Dry the beef in paper towels; it will not brown if it is damp. Sauté it, a few pieces at a time, in the hot oil and bacon fat until nicely browned on all sides. Add it to the bacon. In the same fat, brown the sliced vegetables. Pour out the sautéing fat. Return the beef and bacon to the casserole and toss with the salt and pepper. Then sprinkle on the flour and toss again to coat the beef lightly with the flour. Set casserole uncovered in middle position of pre-heated oven for 4 minutes. Toss the meat and return to oven for 4 minutes more. (This browns the flour and covers the meat with a light crust.) Remove casserole, and turn oven down to 325 degrees. Stir in the wine, and enough stock or bouillon so that the meat is barely covered. Add the tomato paste, garlic, herbs, and bacon rind. Bring to simmer on top of the stove. Then cover the casserole and set in lower third of preheated oven. Regulate heat so liquid simmers very slowly for 2 1/2 to 3 hours. The meat is done when a fork pierces it easily. While the beef is cooking, prepare the onions and mushrooms. Set them aside until needed. When the meat is tender, pour the contents of the casserole into a sieve set over a saucepan. Wash out the casserole and return the beef and bacon to it. Distribute the cooked onions and mushrooms over the meat. Skim fat off the sauce. Simmer sauce for a minute or two, skimming off additional fat as it rises. You should have about 2 1/2 cups of sauce thick enough to coat a spoon lightly. If too thin, boil it down rapidly. If too thick, mix in a few tablespoons of stock or canned bouillon. Taste carefully for seasoning. Pour the sauce over the meat and vegetables.

('*) Recipe may be completed in advance to this point.

For Immediate Serving:

Cover the casserole and simmer for 2 to 3 minutes, basting the meat and vegetables with the sauce several times. Serve in its casserole, or arrange the stew on a platter surrounded with potatoes, noodles, or rice, and decorated with parsley.

For Later Serving:

When cold, cover and refrigerate. About 15 to 20 minutes before serving, bring to the simmer, cover, and simmer very slowly for 10 minutes, occasionally basting the meat and vegetables with the sauce.

French Onion Soup

Recipe adapted from Julia Child, "The Way to Cook

Ingredients:

1/2 stick butter
1 tablespoon olive oil
8 cups thinly sliced onions (about 2-1/2 pounds)
1/2 teaspoon salt
1/2 teaspoon sugar
1 tablespoon flour
8 cups homemade beef stock, or good quality store bought stock
1/4 cup Cognac, or other good brandy
1 cup dry white wine
8 (1/2-inch) thick slices of French bread, toasted
3/4 pound coarsely grated Gruyere

Directions:

Heat a heavy saucepan over moderate heat with the butter and oil. When the butter has melted, stir in the onions, cover, and cook slowly until tender and translucent, about 10 minutes. Blend in the salt and sugar, increase the heat to medium high, and let the onions brown, stirring frequently until they are a dark walnut color, 25 to 30 minutes. Sprinkle the flour and cook slowly, stirring, for another 3 to 4 minutes. Remove from heat, let cool a moment, then whisk in 2 cups of hot stock. When well blended, bring to the simmer, adding the rest of the stock, Cognac, and wine. Cover loosely, and simmer very slowly 1 1/2 hours, adding a little water if the liquid reduces too much. Taste for seasoning. Divide the soup among 4 ovenproof bowls. Arrange toast on top of soup and sprinkle generously with grated cheese. Place bowls on a cookie sheet and place under a preheated broiler until cheese melts and forms a crust over the tops of the bowls. Serve immediately.

Basic Duck a l'Orange

6 Servings

Ingredients:

1 whole 5-6 lb duck
1/2 cup red wine
1 tablespoon orange zest
1 teaspoon minced garlic
3 tablespoons vegetable oil
1 tablespoon starch from white flour
1 1/4 cups strained fresh orange juice
1 tablespoon honey
1/4 teaspoon ground ginger
1/8 teaspoon pepper
1 cup peeled segments of oranges

Directions:

Puncture duckling generously with fork; place on rack in roasting pan.
Pour most of the red wine over duckling pieces.
Roast in slow oven (325F), basting occasionally, allowing 25 minutes/pound.
In medium saucepan, saute orange peel and garlic in oil.
Mix in flour until smooth.
Slowly add orange juice, honey and remaining wine.
Simmer 1 minute.
Mix in ginger, pepper and orange sections; simmer 5 minutes.
Serve hot sauce with roast duckling, and a Cabernet Sauvignon if preferred.