

List of Meat Recipes:

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FILET OF BEEF WITH PORT AND GREEN PEPPERCORN SAUCE

SERVES 2

2 six oz filets of beef (tournedos)
2 tbs butter
1/2 shallot, minced
1/2 cup ruby or tawny port
1 tbs meat demi-glace
2 generous tbs crème fraîche
1 tbs freshly-crushed green peppercorns

1. Saute filet in the butter. Because we are using whole butter, keep the heat low. When the meat is done, remove from the pan and set aside in a warm place.
2. Crank up the heat under the pan and pour in 1/4 cup port to deglaze. Using a whisk, dissolve all the cooked-on bits into the port.
3. Add 1/4 cup more port, chopped shallots, and one tbs meat demi-glace. If liquid has collected under the meat, pour it into the sauce. Whisk well.
4. Reduce until the stock just begins to take on a syrupy appearance.
5. Turn the heat down, but not off. Add 2 generous tbs crème fraîche. Whisk the crème fraîche into the reduced stock. When it is well blended, add 1 tbs crushed green peppercorns. Your sauce is done.
6. Plate your meat; pour sauce over and serve.

PORTERHOUSE STEAKS WITH BORDELAISE SAUCE

Prepare the sauce

2 tbs cubed beef marrow
red wine reduction
3 large shallots, minced
8 peppercorns, crushed
1 cup dry red wine, preferably Bordeaux
1-1/4 cups veal or beef stock
1 small bouquet garni (thyme, bay leaf, parsley)
2 to 4 tbs crème fraîche

1. Cube 2 tbs beef marrow and poach in water for 5 minutes. Drain.
2. Place the shallots, crushed peppercorns and wine in a saucepan over high heat. Reduce by a third.
3. Add the stock and bouquet garni. Simmer gently until the sauce coats the back of a spoon.
4. Strain through a sieve into another pan. Add the poached beef marrow. Bring to a simmer.
5. Finish with 2 to 4 tbs crème fraîche to the desired thickness.

Meanwhile prepare the steaks

4 small Porterhouse steaks at room temperature
butter and oil

1. Pat steaks dry and saute in butter and oil.
2. When steaks are done, transfer to a platter. Let the steaks rest. Pour off any liquid collected in the platter into the Bordelaise sauce.
3. Plate the steaks and serve with hot Bordelaise sauce.

RABBIT WITH DIJON SAUCE

SERVES 4

1 fryer rabbit cut into pieces
2 tbs butter
2 tbs olive oil
3/4 lb small mushrooms, cleaned
1/2 cup minced shallots
1/4 cup minced parsley
1 cup dry white wine
1 cup crème fraîche
2 tbs Dijon mustard

1. Heat the oil and butter in a heavy skillet. Add the rabbit, and cook until it is browned on all sides. Remove the rabbit from the pan; keep warm.
2. Add the mushrooms, shallots and minced parsley to the pan. Cook until the shallots are translucent. (Add more butter if needed.)
3. Pour in the wine. Replace the rabbit in the pan; bring to a boil. Cover, reduce the heat, and cook until the rabbit is tender, about 45 minutes.
4. When the rabbit is tender, remove it from the pan. Stir in the crème fraîche; add the mustard. Mix well, and bubble the sauce for a minute or two.
5. Replace the rabbit; turn to coat with the sauce. Serve at once.

BEEF STROGANOFF

SERVES 6

1-1/2 lbs stewing beef
3 tbs butter
1 tbs chopped onion
1 lb sliced mushrooms
salt and pepper
nutmeg
1/4 cup white wine
1 cup crème fraîche
1 lb noodles, cooked al dente

1. Pound the beef until thin. Cut into 1 inch pieces.
2. Put 1 tablespoon butter and the chopped onion into a heavy skillet. Saute for 2 minutes.
3. Add the beef and brown. Remove the beef and keep it warm.
4. Add 2 tablespoons butter to the pan. Add the mushrooms. Saute for 3 to 4 minutes.
5. Return the beef to the pan. Season with salt, pepper and a pinch of nutmeg.
6. Saute for 5 minutes.
7. Add the wine. Cook for 5 minutes longer.
8. Add the crème fraîche. Mix well to coat meat. Bubble for 2 to 3 minutes.
9. Serve with al dente noodles.

VEAL CUTLETS WITH SHERRY SAUCE

SERVES 2

1/2 cup thinly sliced mushrooms
1/2 cup chicken (beef, glace de veau) stock
4 small veal cutlets, pounded thin
2 tbs butter
1/4 to 1/2 cup sherry
crème fraîche

1. Cook mushrooms lightly in some butter. Add a small amount of chicken or beef stock or glace de veau.
2. Saute pounded veal in butter.
3. Deglaze with sherry.
4. Add mushrooms.
5. Add crème fraîche.