

BOEUF VIGNERONNE

BEEF BRAISED IN RED WINE

SERVES 4 TO 6

ACTIVE TIME: 1¼ HR START TO FINISH: 1 DAY (INCLUDES MARINATING)

The definition of rustic, this seductive dish of tender meat, sweet onions, and reduced wine was made for the vintners of Burgundy. Red wine adds a dark, lusty color to draw you into the meaty flavor, which, like a good bottle of wine, only gets better as it ages.

- 2 lb boneless beef chuck, cut into 1½-inch pieces
- 1 (750-ml) bottle dry red wine (preferably Burgundy or Côtes du Rhône)
- 2 medium onions, halved lengthwise, then thinly sliced lengthwise (2 cups)
- 1 teaspoon finely chopped fresh thyme
- 1 Turkish bay leaf or ½ California
- 4 sprigs fresh flat-leaf parsley plus ¼ cup chopped fresh parsley leaves
- 1 carrot, thinly sliced
- 1½ teaspoons salt
- 1 teaspoon black pepper
- 2 tablespoons vegetable oil
- 2 large shallots, finely chopped
- 2 large garlic cloves, finely chopped
- 2 tablespoons all-purpose flour
- 6 oz thick-sliced bacon (preferably from slab bacon, rind removed if necessary; not smoked)
- 1 (10-oz) package pearl onions (2½ cups)
- ¼ cup water

SPECIAL EQUIPMENT: parchment paper

ACCOMPANIMENT: buttered egg noodles

- Put beef, wine, onion, thyme, bay leaf, parsley sprigs, and carrot in a large resealable plastic bag. Seal bag, pressing out excess air, and put in a bowl. Marinate beef, chilled, 16 to 24 hours.
- Drain beef in a colander set over a large bowl, reserving marinade. Wipe off any solids clinging to beef, then pat beef dry. Season with 1 teaspoon salt and ½ teaspoon pepper.
- Put oven rack in middle position and preheat oven to 350°F.
- Heat oil in a 3½- to 4-quart heavy ovenproof pot with lid over moderately high heat until hot but not smoking, then brown beef well in 2 batches, without crowding, about 8 minutes per batch, transferring as browned with a slotted spoon to a plate.
- Reduce heat to moderate, then add shallot and garlic and cook, stirring, until shallot begins to soften, about 2 minutes. Add flour and cook, stirring constantly, until shallot and flour are browned, 4 to 5 minutes.
- Add reserved marinade liquid to flour mixture, stirring and scraping up brown bits. Add beef along with any juices accumulated on plate and cover with a round of parchment paper and lid. Simmer mixture while you prepare bacon.
- Cut bacon slices crosswise into ¼-inch strips and cook in an 8-inch heavy skillet over moderate heat, stirring occasionally, until fat is rendered and bacon is beginning to crisp. Transfer bacon with slotted spoon to beef (reserve fat in skillet). Re-cover beef with parchment and lid and braise in oven, 1½ hours.
- While meat is braising, blanch pearl onions in a 3- to 4-quart pot of boiling water, 1 minute. Drain onions in a colander, then peel, leaving root ends intact. Cook onions in reserved bacon fat in skillet over moderate heat, stirring occasionally, until golden, 6 to 8 minutes.

- Pour off excess fat, then add ¼ cup water and scrape up brown bits with a wooden spoon or spatula.
 - After meat has braised 1½ hours, add pearl onions (with liquid in skillet), remaining ½ teaspoon salt, and ½ teaspoon pepper to beef and continue to braise, covered with parchment and lid, until onions are tender and meat is very tender, about ½ hour more.
 - Skim any fat from surface of beef and serve beef with buttered egg noodles sprinkled with chopped fresh parsley leaves.
- COOKS' NOTE:** *Boeuf vigneronne* can be made and cooled, uncovered, then chilled, covered, up to 4 days. Reheat slowly over moderately low heat, adding water if necessary to thin *boeuf vigneronne*, until heated through.

CAULIFLOWER MOUSSE

SERVES 6

ACTIVE TIME: 40 MIN START TO FINISH: 1½ HR

Food editor Paul Grimes found this elegant mousse, adapted from a recipe in GOURMET's own Bouquet de France written by Samuel Chamberlain, a delicious classic. And the simple procedure means you can enjoy it—preferably with roast beef or a hearty stew—without putting in endless work.

- 5 cups coarsely chopped cauliflower (½ medium head)
- 2½ teaspoons salt
- 1 tablespoon unsalted butter
- 1 tablespoon all-purpose flour
- ½ cup milk
- ¼ teaspoon white pepper
- ⅛ teaspoon freshly grated nutmeg
- 3 large eggs, lightly beaten
- ½ oz finely grated Parmigiano-Reggiano (¼ cup; see Tips, page 238)

SPECIAL EQUIPMENT: a 1-qt soufflé dish

- Put oven rack in middle position and preheat oven to 350°F. Butter soufflé dish, then line bottom with a round of parchment or wax paper and butter paper. Chill dish until ready to fill.
- Cook cauliflower with 2 teaspoons salt in a 3- to 4-quart pot of boiling water, uncovered, until tender, 15 to 18 minutes. Drain cauliflower well in a colander, then purée in a food processor until smooth.
- Melt butter in a 1-quart heavy saucepan over moderately low heat. Add flour and cook, whisking, 2 minutes. Add milk in a stream, whisking, then add white pepper, nutmeg, and remaining ½ teaspoon salt, whisking. Bring to a boil over moderate heat, whisking, then reduce heat and simmer, whisking constantly, 2 minutes. Remove from heat and cool béchamel, 5 minutes.
- Whisk cauliflower purée into béchamel, then add beaten eggs, whisking until combined well. Transfer mixture to soufflé dish and put dish in a 13- by 9-inch roasting pan, then add enough boiling-hot water to pan to reach halfway up side of soufflé dish. Bake until center of mousse is firm to the touch and mousse begins to pull away from side of dish, 35 to 40 minutes.
- Remove mousse from oven and water bath. Position oven rack so that top of mousse will be 4 to 6 inches from broiler, then preheat broiler.
- Run a knife around edge of soufflé dish, then place an ovenproof platter on top of soufflé dish and invert mousse onto platter. Sprinkle cheese evenly over top of mousse and broil until cheese is melted and golden brown, about 2 minutes. ☞