

Le pot au feu, seasonal vegetables and horseradish sour cream

Recipe for 4

Description

Comfort food at its best! Low calorie for an after holiday meal, a classic recipe.

Note

Again, this is all about the broth and the vegetables' cooking. Make sure the broth is very aromatic and flavorful and that the vegetables are cooked separately as they are the masterpieces, with the meat and the broth, of this delightful recipe.

Ingredients

Beef

- 4 Unit(s) Marrowbone
- 50 Ml White wine vinegar
- 200 Gr Beef chuck
- 200 Gr Beef top blade
- 200 Gr Boneless beef plate
- 2 Liter(s) Chicken stock
- 2 Unit(s) White onion
- 6 Unit(s) Cloves
- 2 Unit(s) Carrot
- 1 Unit(s) Bouquet garni
- 3 Clove(s) Garlic
- 5 Unit(s) Black peppercorns
- 12 Gr Coarse salt

- Salt and pepper

Vegetables

- 4 Unit(s) Baby carrot
- 4 Unit(s) Baby green onion
- 4 Unit(s) Baby turnip
- 2 Unit(s) Celery

- Salt and pepper

Sour cream

- 5 Sprig(s) Chives
- 0.50 Unit(s) Horseradish
- 150 Gr Sour cream
- 20 Leaf(ves) Flat parsley

- Salt and pepper

Preparation

- Preparation time **60.00 mins**

Mise-en-place

In a big container with cold water and vinegar, submerge the bone marrow in for an entire night. Cut all the pieces evenly 4x4cm.

Peel the onions the stab them with the cloves. Also peel the carrots and cut the garlic in 2.

With a small spoon, take all the marrow out of the bones.

Peel the rest of the vegetables.

For the sour cream, cut the chives the thinnest you can and beat them with a rubber spatula, into the sour cream vigorously.

Sour cream

Mix the sour cream and chives mix with the grated horseradish.

Seasonal vegetables

In a hot broth, poach the marrow for 3mins.

While doing that in a stewpot with salted water, cook all the vegetables (separately if possible), for 5mins or until slightly al dente. Cool them down at room temperature.

In another pot with cold water cook the potatoes for 8-10mins. Make sure they are cooked through and through with a knife.

Cooking the beef

Put all the meat in a stewpot and cover them with cold water, bring everything to a boil and then let everything simmer with the vegetables. Make sure to be skimming the scum off on all the edges of the pot-au-feu as they will cloud everything. Cook for 1 hour and 30mins

Sieve everything.

Plating

In a plating-bowl, place a piece of each meat in with the vegetables. Drop some broth all over and then spots of sour cream and parsley leaves, here and there.

Bon appétit!