

Pot au feu

Serves: 4
Preparation time: 30mn
Cooking Time: 30min + 3hrs



This is a traditional French dish that we eat in winter/spring and is best if you prepare it the day before.

Ingredients

- 1.5 kg of beef , ask your butcher what is best to boil
- chop 300g in small pieces, 1.2kg in 5cm cubes
- 4 marrow bones
- 2 litres of water
- 1 onion in which you stick 4 cloves.
- 1 celery stick
- 1 bouquet garni (thyme, bay leaves, rosemary, parsley)
- salt
- pepper
- 250g of carrots chopped in half(length wise) and in 10cm stick
- 250g of turnips in quarter
- 250g of leeks, green and white part
- 8 potatoes

Method:

Part 1 – The Stock:

1. Fill a large sauce pan with water
2. Add the 300g of meat, the onion, the bones, the bouquet garni, the celery, pepper, the green of the leeks, (no salt)
3. Bring to the boil during 30 min
4. Remove the meat, it has given the □ flavor to your stock.

Part 2 – The Dish:

5. Add the rest of the meat, cook for 2 hours gentle boil
6. Add the carrots, the turnips, the leeks
7. Cook another 30 minutes
8. Cook the potatoes separately

Let it cool down, eat it the next day.

You can eat the Pot au feu with the liquid (consommé) or strain it and eat the consommé as a soupe.

If you eat it as a soupe, add 2-3 soup spoons of red wine to your soup when it is served, it's called "faire chabrot"

If you don't want to add wine, leave the soup in the fridge and remove the fat when it's solid, as the consommé is very fatty.

If you eat the Pot au feu with the consommé, you can also add a little bit of red wine 1-2 soup spoons
If you strain the Pot au feu , it might be dry, sprinkle a little bit of olive oil on top and some rock salt.