

From the
Left Bank
kitchen

POT AU FEU

This hands-on French feast of vegetables and cuts of meat boiled in a savory broth is traditionally served in courses.

It begins with the bone marrow on toast, then follows with the broth and the meats and vegetables.

Feel free to serve it all at once, providing plenty of toasted bread and savory condiments for dipping.

SHORT RIB INGREDIENTS:

- 1 beef marrow bone (rinsed and cured 48 hours, see recipe)
- 1 lb beef short ribs
- 8 cups beef broth
- 1/4 stalk celery
- 1 carrot
- 1 turnips
- 1 leek
- 1/8 head green cabbage
- 2 fingerling potatoes
- 1 bouquet garnis and black peppercorn, wrapped in cheese cloth
- 4 garlic croutons (grilled baguette rubbed with garlic clove and olive oil)
- 1 bay leaf

- Beef consommé (we recommend purchasing a good quality brand)

HORSERADISH CAPER SAUCE INGREDIENTS:

- 16 oz beef broth
- 8 oz cream
- 2 tablespoons capers
- 1 tablespoon horseradish

BONE MARROW DIRECTIONS:

Soak beef marrow in ice water for three days. The last day add 1 pound of salt to 1 gallon of water. Then roast in the oven at 450 F for 25 minutes, covered with aluminum foil.

When ready to serve, they take about five minutes to warm up, uncovered in the oven.

SHORT RIB DIRECTIONS:

Tie beef short ribs, put in pot, and cover generously with cold beef broth.

Wrap the beef marrow in cheese cloth. Add to the pot along with salt, carrot, leek, celery, a whole onion studded with clove, and bouquet garnis.

Bring slowly to a boil, skimming often. Simmer very gently uncovered, skimming occasionally until short ribs are cooked, about 2 to 3 hours.

The beef marrow should be cooked after 30 to 40 minutes. Remove and keep in refrigerator immediately.

Remove all the vegetables and the bouquet garnis.

Cook the remaining garnish vegetables (cabbage, turnips, potatoes) separately in the beef broth and cool down immediately.

HORSERADISH CAPER SAUCE DIRECTIONS:

Reduce beef broth by half, add cream and bring to boil.

Reduce until a creamy consistency, then remove from stove. Add capers and horseradish.

WHEN READY TO SERVE:

Warm up consommé, add beef short ribs and beef marrow until warm.

Add vegetable garnishes and pour all the ingredients gently and nicely into a serving pot.

Sprinkle beef marrow with fleur de sel and chopped fresh parsley.

Serve garlic croutons, cornichons, horseradish sauce, and mustard separately.