

Classical Brown Onion Tart

(Tarte a L'Onion)

Alsatian style

Recipe provided by Xavier Poupel from 'Terroir & Table'

Preparation Time: 1hr

1 tarte serves 8-10 pax

Ingredients:

1 roll savoury short crust pastry (Carême brand is best)

5 egg yolks

500mls pouring cream

6 medium brown onions - peeled and finely chopped

½ cup olive oil

¼ cup white balsamic vinegar

½ cup dry white wine

½ cup water

1 tblsp brown sugar

1 tblsp sea salt

½ tblsp ground nutmeg

½ tblsp ground pepper

2 sprigs fresh thym – picked & washed

METHOD:

- Roll out defrosted short crust pastry as finely as possible and place into an oiled tart tin/dish. Rest in refrigerator for ½ hour.
- During this time, heat olive oil in a heavy frying pan and gently sauté the onions for 3 mins on **medium** heat (VIP - do not fry onions)
- Add brown sugar and a little water and cover. Cook for a 15 minutes.
- Add dry white wine, recover and cook for a further 15 minutes.
- Add thym and balsamic vinegar and cook over **medium** heat until liquid has been absorbed. Your onion mix should be soft and pale golden brown; season with pepper, nutmeg and salt and put to one side.
VIP – Onion mix should be gently stirred from time to during the previous 3 steps.
- Remove short crust pastry from refrigerator, cover base with greaseproof papers and dry beans. Place in oven pre-heated to 180 degrees and bake for 15-20 minutes.
- Place egg yolks into mixing bowl, season and stir well; add pouring cream and stir well. Put to one side.
- Remove tart base from oven when cooked; remove beans and greaseproof paper.
- Assemble onion mix over cooked tart base; carefully pour in egg/cream mixture.
- Pre-heat oven to 200 degrees; stand tart on no. 6 size baking tray and place in the centre of bottom shelf for approx 20 minutes.
- Can be served with green salad.

Beef Bourguignon



A known traditional French Recipe, also called **beef Burgundy** and **boeuf à la bourguignonne**. One of many examples of [peasant](#) dishes being slowly refined into [haute cuisine](#). Most likely the particular method of slowly simmering the beef in wine originated as a means of tenderizing cuts of meat that would have been too tough to cook any other way. Over time, the dish has become a standard of French cuisine.

Preparation Time: up to 6 hours; best prepared one day in advance.

Serves 8-10 pax

Ingredients:

2.5kgs good quality chuck steak trimmed of all fat and nerves; cut into 3cm cubes

1 orange (peeled)

1 bottle good quality Merlot

½ cup olive oil

20 grams butter

2 onions – peeled & chopped

2 carrots peeled & chopped

20grams Pancetta cut into strips

1 head garlic – peeled

20 french shallots – peeled

500 grams small button mushrooms – cleaned not washed

500 mls beef stock

½ cup flour

1 tablespoon sea salt

Bouquet Garni (bundle of aromatic herbs such as Bay leaf, Parsley, Thyme tied together with string)

Few crushed white pepper corns

METHOD

- Place all meat cubes into a large bowl with garlic cloves, herbs and wine. **Leave for minimum of 4 hours, or preferably overnight.**
- **Approximately 2-3 hours before serving time** remove the meat from the marinade with a slotted spoon and set aside in a strainer placed inside a bowl, so as to capture all remaining liquid marinade. Set all reserved marinade aside.
- Place olive oil in a large heavy casserole and sauté peeled shallots 5-6 minutes turning often.
- Add strips of pancetta and cook until brown and crispy.
- Add the cleaned button mushrooms and sauté for a further 3-4 minutes. Remove mix from dish and set aside.
- Add a little olive to casserole and sauté chopped onions and carrot for 1-2 minutes until softened.
- Increase the heat to **high** setting and add the strained meat; cook for 5 minutes until meat is browned.
- Reduce the heat to **medium** setting, add flour tossing well to coat the meat; add the reserved marinade, along with the bouquet garni and prepared beef stock, mixing well. Bring to boil.
- Use lid to close casserole and place in oven pre-heated to 180 degrees. Cook for 1 hour stirring from time to time.
- Remove casserole from oven; add pancetta, mushrooms and shallots mixing well. Return to oven and cook for a further 30 minutes or until the meat is very tender.
- Before serving, discard bouquet garni and season to taste.
- May be served with mashed potato or fresh pasta such as tagliatelle.

Far Breton with Prunes

(Far Breton aux Pruneaux)

Traditional dessert from Brittany region; the authentic recipe dates back to the 18th century. Renowned and sophisticated recipe to enjoy prunes; it's base is similar in composition to a Clafoutis batter (and which uses cherries).

Preparation Time: 60 minutes

Serves 8-10 pax

Ingredients:

100mls full cream milk

6 eggs

20-30 Black dried stoned prunes (the original recipe uses whole prunes)

120 grams Castor sugar

250 grams Plain Flour

½ cup Rum (brown)

1 Vanilla Pod

1 large baking dish – buttered & lightly floured

METHOD

- Pour milk in a heavy saucepan with 80grms of butter and the split vanilla pod
- Bring milk mixture to near boiling point and removed from heat. Remove vanilla pod and scrape, return pod and scraping back into the milk.
- Leave milk mixture to cool down
- Soak prunes in a bowl with half of the Rum (1/4 cup) and a little hot water for approx 15-20 minutes
- Mix flour and sugar in a large mixing bowl, put aside.
- Remove the vanilla pod from the milk and add one egg at a time, mix well after each egg.
- When all eggs have been added, pour the batter into the flour and sugar mix. Strain mixture if required, the blended mix should be smooth and lump free and then add the rest of the rum (1/4 cup) and mix well.
- Drain prunes well, and place into your floured baking dish and carefully pour the batter over the prunes.
- Place into pre-heated oven at 210 degrees and cook for approximately 30 minutes.
- Remove from hot oven at least 15 minutes before serving.