
MICHEL MAINCENT-MOREL

THE
FRENCH CHEF
HANDBOOK



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ARTICHOKES



Artichokes are the flower buds of a food plant originating from a variety of thistle.

The main French varieties are the 'gros vert de Laon', the 'camus de Bretagne' (camus artichoke) and the 'violet de Provence'.

The most tender spring varieties (petits violets) can be eaten raw seasoned only with salt. However, artichokes are most often boiled or steamed whole, or cooked after being turned. When prepared in these ways, the artichoke hearts are cooked in a stock, or simply in salted, lemon-infused boiling water with oil on the surface.

Artichoke hearts are used to make many different classic garnishes (châtelaine, mascotte, Massena, etc.). They are also served stuffed (asparagus tips, spinach, green beans, mushroom Duxelles, mussels, shrimps, poached eggs, etc.) and can be topped with a gratin prior to stuffing.

SELECTION AND QUALITY CHECK

The calibres correspond to the diameter in centimetres of the flower-head and are related to variety. For example :

- Extra 9/11 equates to 3 units per kilogram, which is roughly 333 g per artichoke. The optimal time to buy is from March until November. Select artichokes with closed, fresh-looking flower-heads that range in colour from bright green to purplish green depending on the variety. The cut edge of the stalk must be fresh and neat with no fibres. It should not be mushy or have any dark colouring. The hearts should be large and fleshy and the leaves firm and crunchy.

Under no circumstances should you accept dried out artichokes with yellow or brown leaves, darkish colouring on the hearts, a woody stem or an overly withered flower-head.

Artichokes can be stored for up to a few days in refrigerated storage at a temperature of between +10 °C and +12 °C. Artichokes do not cope well in light and in temperatures lower than +10 °C.

INITIAL PREPARATIONS

ARTICHOKES COOKED WHOLE
Carefully wash the artichokes several times.



Break off the stalk (peduncle) without cutting it in order to remove the maximum amount of fibres from the base.



Carefully level off (trim) the base with a chef's knife.



Cut the artichoke evenly at two thirds of its height.



Turning artichokes
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Blunt the leaves with a large pair of scissors.



Place a slice of lemon on the base to minimise oxidation when cooking the heart. Tie the artichoke to hold the leaves and the slice of lemon in place.

COOKING ARTICHOKES

Artichokes prepared in this way are boiled or steamed, cooled slightly, then served warm with a vinaigrette dressing, for example.

Once the choke ('beard') has been removed, they can be stuffed.

TURNED ARTICHOKES (MADE WITH ARTICHOKE HEARTS)

Depending upon the diameter of the flower-head, artichokes can be turned using one of two main methods:

Prepare a bowl of cold water infused with lemon juice (one lemon per litre of water). Artichoke hearts oxidise (become dark) very quickly so it is vital to keep them in lemon-infused water at all times.



Break off the stalk (peduncle) at leaf level without cutting it to ensure that the maximum amount of fibres are removed from the base.

1st method

Recommended for large artichokes that cannot easily be held in the hand.



Remove the outer leaves from the heart with a large chef's knife or serrated knife, then turn the artichoke.

2nd method

For artichokes that can easily be held in the hand (less than 10 cm in diameter).



Smooth the base: carefully trim the base of the artichoke heart with a large paring knife or a knife with a short, rigid blade.

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CARROTS

(BABY TOPPED CARROTS, MAINCROP CARROTS)



Carrots are a type of root vegetable and are available year-round. Different varieties can have different uses. Raw carrots can be used as an appetiser or in a mixed salad. Cooked carrots are best as a side dish, small garnishes, in soups or in a purée which is more commonly referred to as 'Crécy'. Carrots are also used to make aromatic garnishes such as Matignon, Mirepoix, various marinades, stock and aromatic broths, etc.

SELECTION AND QUALITY CHECK

Carrots are sized according to their diameter in millimetres and their size corresponds to their variety.

For example:

- Extra variety: 20 to 40 mm in diameter (carrots between 100 and 150g).

This variety has two different denominations:

- Firstly, baby carrots which come in bunches.
- Secondly, maincrop carrots which are invoiced by the kilogram.

TOPPED BABY CARROTS

Choose clean, freshly picked carrots that are consistent in size. They should be uniform in colour, straight and firm. Any greenish tinges around the top should not be too noticeable.

The carrot tops should be very fresh, green, firm, crisp and not too moist.

MAINCROP CARROTS

Choose carrots which are long, cylindrical, smooth, straight

and firm. They should also be very clean.

The inside of the carrot should be relatively undeveloped, tender and uniformly coloured.

The carrot tops should have only recently been cut and should not have discolouration or mushiness.

Do not accept shrivelled, soft or discoloured carrots which are hard, whitish and rough on the inside. Carrots with pronounced greenish tinges at the top, cracks, bruising or with signs of decay should also be avoided.

Rule out carrots that have been refrigerated at too low a temperature (less than +6°C) as they spoil very quickly.

Keep your carrots in dark refrigerated storage at a temperature between +10°C and +12°C.

It is also possible to store certain late season varieties for many months in sand or in a cellar or silo.

INITIAL PREPARATIONS

PEELING CARROTS



Cut off both ends of the carrot with a paring knife or with the tip of a vegetable peeler. Remove the green carrot top if necessary.

Peel the carrot with a manual or electric vegetable peeler. If an electric peeler is used double-check that all the skin has been removed and finish with a vegetable peeler if necessary.

WASHING CARROTS



Carefully wash the carrots several times.

Do not leave them to soak in the water but drain them immediately.

Cover them over and store in a refrigerated container at a temperature between +6°C and +8°C maximum.

JULIENNE CUT



Cut the carrots into uniform sections of about 5 to 6 cm in length.



Thinly slice them lengthways with a mandolin.



Every so often align the slices in small bundles, then slice them lengthways into very fine strands with a paring knife. This can also be achieved with an electric slicer.

The result



Uses

- Grated carrots.
- Chinese salads.
- Potage Julienne Darblay (Creamed leek and potato soup)
- White wine sauce with Julienne cut vegetables (sole fillets with a béchamel sauce).

BATON CUT

(MIXED VEGETABLES, 'GARNITURE FLEURISTE')

Mixed vegetables



Cut the carrots into uniform sections of between 3.5 to 4 cm in length with a paring knife or fish filleting knife.



Arrange the pieces so that they are lying flat and slice them lengthways into uniform slices of between 3.5 to 4 mm in width. Alternatively, use a mandolin.



Align these slices and cut them into evenly sized batons of a thickness of between 3.5 and 4 mm.



An alternative technique is to lightly peel the carrots and remove the top and bottom. Then cut the carrot into sections and place the flat side of each section against the chopping board to slice them lengthways. Trimming the carrots in this way provides a steady surface for cutting.

The result



Carrot batons for mixed vegetables are usually boiled or steamed.

For a 'garniture fleuriste'

(a side dish composed of vegetable- stuffed tomatoes),

use the same technique but with different dimensions.



Cut the pieces into batons of 2 cm in length and 2 mm in width.



'Porte Maillot' is a garnish consisting of a large portion of mixed vegetables arranged in a decorative bundle.

DICING

(MACEDOINE CUT, BRUNOISE CUT, AROMATIC GARNISH, MIREPOIX)

Macedoine vegetables

The first steps in this technique are identical to those used for mixed vegetables.



Cut pieces of 6 to 7cm in length or cut the carrots in half using a paring knife or a fish filleting knife.

Create a smooth base along the length of the pieces or peel them lightly in order to provide stability for the next stage.



Slice the pieces into uniform sections of approximately 4 mm in thickness. Alternatively, use a mandolin.



Align some of these slices of carrot together, then cut them into uniform batons of 4 mm in width.



Combine and arrange these small bundles of batons together and cut them into uniform cubes with edges of 4 mm.



The dimensions of the diced vegetables can vary to some degree, according to use.

- 3 mm is the maximum size for diced vegetables to garnish small tomatoes or dishes of cold fish, for example.
- 5 mm sections are more suitable for contract catering.

The result



Brunoise

The different stages in the Macedoine cut are identical to those of the Brunoise cut. Only the dimensions are different.



Carefully cut the vegetable into uniform cubes of 2 mm.

Mirepoix, aromatic garnish



Dice unpeeled carrots into uniform cubes.

The dimensions of the cubes will vary depending upon the cooking time of the dish they are added to. For brown stocks, cubes of 1 to 1.5 cm are most suitable.

CHOPPED CARROTS

(DISCS, FLUTED DISCS, BIAS CUT, 'EN PAYSANNE')

Discs

(for glazed carrots, creamed carrots, aromatic garnishes)



Choose straight carrots. Then slice them perpendicularly with a fish filleting knife or a paring knife.



More evenly sliced pieces can be achieved by using a mandolin or an electric slicer.

Bias cut



Carefully slice the carrots in a diagonal direction (for same use).

Fluted discs

(court bouillon for presentation and poaching)



Make evenly spaced ridged lines along the entire length of the carrot with a canelle knife.



Chop the fluted carrots with a fillet knife, a paring knife or a mandolin.

"En Paysanne"

(roughly chopped for chunky soups, Matignons, aromatic garnish for fish fumet)



Cut the carrot in half lengthways.



Depending upon the diameter of the carrot, cut these pieces lengthways again into two, three or four pieces as required.



Then chop the carrots finely into slices of no more than 1 cm².

The result



Uses

- Country vegetable soup.
- Soup à la Normande' (Normandy carrot soup)
- Optional aromatic garnish for fish fumet

TURNUED CARROTS



Cut the carrots into uniform pieces.



Depending upon the diameter of the carrot, slice these pieces into two, three or four as required.

Try to get as close as possible to the desired shape to reduce the amount of waste.



Now turn the carrot, removing the inner core first if necessary.

Create a uniform, rounded oblong shape with a small paring knife by holding your thumb against the base of the piece whilst your other four fingers support the knife.

The resulting pieces should be uniform circular arcs that are thick at the top and very thin in the centre. The thickness of the base and the top of the piece should be the same.



The dimensions of turned carrots vary according to use:

- 2 to 2.5 cm in length for a small spring vegetable garnish,
- 3 to 4 cm for a mixed spring vegetable accompaniment,
- 4 to 5 cm for a vegetable bouquetière,
- 5 to 6 cm with a more rounded shape for a stew or for a 'poule au pot.'

The result



Uses

- Chicken fricassée with spring vegetables.
- Turkey blanquette with spring vegetables.
- Spring navarin (lamb stew).
- Rack of lamb with spring vegetables.
- Vegetable bouquetière.
- Spring vegetable timbales.



Glazed carrots

PREPARING CARROT PEARLS WITH A MELON BALLER



Different sized carrot pearls can be achieved by using a melon baller.

To attain a perfectly round and uniform shape, ensure that the bowl of the melon baller is well inserted into the carrot before scooping.

Depending upon its quality, the melon baller may need to be supported with your thumb. Rinse the pearls under a stream of water to remove any protruding fibres.

Uses

- Spring vegetables.
- Garnish for soups, consommés (such as oxtail soup), sauces.
- For decorative purposes.



Grooved, oblong shaped melon ballers can also be used for small mixed spring vegetable accompaniments.

CELERY AND CELERIAC

CELERY



Celery and celeriac are both aromatic food crops from the Umbelliferae family.

Celery is grown for its thick and fleshy stalks that are blanched either by covering the bases of the stalks with soil, bundling the stalks together or by cultivating them away from sunlight. Celeriac is grown for its large round root with white flesh. Both celery and celeriac can be eaten raw in salads or cooked after blanching (braised, in meunière sauces, au gratin, Greek style, puréed, or in soups, cream soups and veloutés). Leaves from lovage or cutting celery are typically used to flavour stocks.

SELECTION AND QUALITY CHECK

Celery is categorised by the weight of the piece (in grams):

- 'large' for more than 800 g,
- 'medium' for between 500 and 800 g,
- 'small' for between 150 and 500 g.

Celery is categorised in accordance with regulated criteria.

The invoice unit is the kilogram. The best time to buy celery is between July and November. Choose fresh-looking celery that has been recently cut.

Ensure that the cut edge has not been trimmed to make it appear fresher. Leaves should be green, shiny, slightly moist (though not excessively so) with a crisp and crunchy texture.

The stalks should be fleshy, thick and green or golden yellow (depending on the variety).

Ensure they are crisp, straight, firm and free from any overly woody fibres. Reject soft, flexible celery that is not crunchy or celery with faded, trimmed or yellowing leaves.

Green stalked varieties are best suited to salads and aromatic garnishes whereas white or golden yellow types are better braised.

Keep in dry, refrigerated storage at a temperature between + 6 °C and + 8 °C and out of direct sunlight. Too high a level of water vapour or moisture can cause celery to 'rust'.

INITIAL PREPARATIONS



Cut off the base of the celery to separate the stalks from one another.



Remove any green leaves from the stalks. They can be set aside to make bouquet garnis.



If necessary, peel the base of the stalk with a paring knife to ensure that all fibres are completely removed.

“PORTIONS”

**(WHITING COOKED À L'ANGLAISE, STUFFED OR SOUFFLÉED TROUT)
(METHOD FOR RIGHT-HANDED PEOPLE)**

Gut the fish without opening it by the abdomen.
Gut it only through the operculum (see previous page).



Place the thoroughly dried whiting flat on a chopping board with its tail fin positioned towards you and the backbone to your right.

Place your left hand flat on the fish to tauten the skin at the backbone.

Make an incision in the fish above and below the backbone to start detaching it.

Cut whilst staying at the same height and do not cut any further than the head or the tail.



Start removing the fillet without detaching it from the head.

Stop about 1 cm from the tail fin.



Turn the fish over with the head positioned towards you.

Carefully remove the second fillet, without detaching the head, stopping at the same level as the first fillet (about 1 cm from the tail).



Cut the backbone near the head and the tail using a pair of sharp scissors.



Carefully remove the bone by gently pulling it to ensure that any smaller bones are also removed.

Ensure that the fish has been completely gutted.

Remove any small darkish coloured pieces of skin (peritoneum) and any bloody remains.

Rinse the fish carefully and gently wipe it dry with paper towel.



Uses

- Fish deboned in this way can be fried coated in breadcrumbs for dishes such as breaded whiting, fish Colbert, Richelieu fish or stuffed with fish or crustacean mousseline forcemeat (stuffed trout or trout soufflé).

PREPARING HAKE

(HAKE IS USUALLY SOLD GUTTED)



Trim the hake using a large pair of scissors. Be wary of the spiny stings which can be dangerous.



Scale the hake using a fish scaling knife or a knife with a rigid blade. Rinse thoroughly.



Remove the head

Cut off the head using a large chef's knife.

Cut it on a slight slant to ensure that no meat is left on it. (Remove the eyes and the gills. The head can be used to make a fish fumet.)



Remove the peritoneum (blackish membrane).

Remove it by hand or by drying it with paper towel (when the fish is very fresh, the peritoneum firmly attaches to the flesh).



Lift and remove the swim bladder with a paring knife. Scrape away any blood clots.

TOMATO COULIS

STORE CUPBOARD INGREDIENTS



| INGREDIENTS FOR 1 KG OF TOMATOES | UNITS | QUANTITY |
|---|-------|----------|
| BASE | | |
| - fully ripe tomatoes | kg | 1 |
| - tomato purée | g | 50 |
| - tomato ketchup | ml | 200 |
| - wine vinegar | ml | 40 |
| - olive oil | ml | 200 |
| FINISHING (OPTIONAL) | | |
| - basil | bunch | 1/2 |
| or | | |
| - chervil | bunch | 1/2 |
| or | | |
| - tarragon | bunch | 1 |
| or | | |
| - chives | bunch | 1 |
| SEASONING | | |
| - fine salt | | To taste |
| - ground pepper | | To taste |
| AVERAGE PREPARATION TIME: 15 TO 20 MIN | | |



Some professional chefs now use only fresh tomatoes (no tomato purée or ketchup) but this requires very high quality tomatoes, which are only available during the height of summer.

EQUIPMENT FOR PREPARATION



INSTRUCTIONS

1) Get the work area ready

Weigh, measure and inspect the ingredients.

2) Wash and chop the tomato without removing the seeds

3) Make the tomato coulis

Add the tomatoes, tomato purée, tomato ketchup and salt and pepper into the bowl of the stand mixer.

Start by mixing it slowly, then gradually increase the mixing speed.

Add the wine vinegar.

Beat the coulis with olive oil.

4) Assess the seasoning, colour and consistency

5) Pass the coulis through a chinois strainer

Set it aside in a refrigerated container.

Important! Tomato coulis made from fresh tomatoes does not keep. It must be used within the duration of the service.

6) Add the freshly chopped herbs just before use.



Precaution

- To improve hygiene levels and to help the coulis keep better, it can be made from a tomato sauce.

Uses

- Tomato coulis is mainly used as a sauce to accompany fish terrines, vegetables, fish or crustacean-based mixed salads, mousses or vegetable bavarois.

MAYONNAISE

STORE CUPBOARD INGREDIENTS



Warning

Cold emulsion sauce made in the pantry. Mayonnaise should be made just before serving and in the quantity needed for this service only.

| INGREDIENTS FOR 1 L OF OIL | UNITS | QUANTITY |
|---|---------|----------|
| BASE | | |
| - oil for seasoning | 1 | 1 |
| - egg yolks ⁽¹⁾ | item(s) | 6 |
| - mustard | g | 50 |
| - coloured alcohol-based vinegar (6%) | l | To taste |
| SEASONING | | |
| - fine salt | | To taste |
| - ground white pepper | | To taste |
| or | | |
| - cayenne pepper | | To taste |
| AVERAGE PREPARATION TIME: 10 TO 15 MIN | | |

(1) This quantity of egg yolks is the general average. The number used can vary from 5 to 8.

Uses

- Mayonnaise is mainly used as an accompaniment to cold meat-based dishes, fish, crustaceans, eggs and vegetables, for seasoning mixed salads or as a base sauce for a number of derivative sauces.



Precaution

- Never "top up" the current day's mayonnaise with one made the previous day.
- Always thoroughly scrape the mayonnaise from the sides of the bowl.
- Avoiding putting the mayonnaise in contact with silver-plated material (risk of oxidation).
- Add any extra ingredients only just before serving (risk of spoiling).

EQUIPMENT FOR PREPARATION



INSTRUCTIONS

1) Get the work area ready

Weigh, measure and inspect the ingredients.

They must be at room temperature when used.

2) Make the mayonnaise

Separate the eggs (keep the whites for another use).

Put the yolks in a small narrow-based bowl (to maximise the efficiency of the whisking).

Add the mustard, salt, ground white pepper or cayenne pepper and a small amount of vinegar to emulsify the mixture (water phase).

Gradually incorporate the oil, mixing the sauce vigorously with a small and very flexible whisk. Start by pouring in the oil gently and in small quantities. Then pour in the oil more rapidly as the volume of mayonnaise increases.

Add the remaining vinegar as and after the mayonnaise is made.

Thicken the sauce by whipping the mixture and mixing it very vigorously.

Check the seasoning.

Scrape the sides of the bowl, cover in cling film and set aside.



Mayonnaise made with sunflower oil can be stored in a refrigerated container. Sunflower oil hardens (solidifies) around temperatures of 0 to +2°C.

- Use a container with a narrow base to maximise the efficiency of the whisking.
- Obtain a firmer mayonnaise by prolonging the beating process.
- Always add the salt at the beginning so that it has time to dissolve and does not leave any white marks. If the fine salt is added when the seasoning is checked, small white specks will appear in the mayonnaise. To avoid this, add salt that has been dissolved in some vinegar (reserved for this use) and ensure that the mayonnaise returns to its initial dense consistency.
- Start by adding the oil slowly, then more quickly as the mayonnaise is made.
- Use only ingredients that have the same temperature and which have been brought to room temperature (never use solidified oil).

SAUTÉING

DEFINITION

Sautéing refers to cooking food on high heat, uncovered, with a little bit of fat or oil, in a low cooking vessel (frying pan, straight-sided sauté pan, slope-sided sauté pan).

This quick cooking technique is especially used for small pieces.



Food cooked only by sautéing in the frying pan may be called “fried” food.

SAUTÉING SMALL PIECES OF RED MEAT:

RIBEYE STEAKS, SIRLOIN STEAKS, STEAKS AND MAKING A BROWN SAUCE BY DEGLAZING



Ribeye steak with bordelaise sauce



Prepare the meat according to the piece

- Trim, remove the fat and nerves, chop and tie up, if desired.



Cook the meat

- Quickly sear the pieces of meat in a mixture of oil and butter.
- Season them just before or after cooking.



Turn the pieces over with a spatula **(never pierce them with a fork)**.

Cook to the desired level of doneness (very rare, bloody, medium rare, well done)



Transfer the pieces of meat onto a perforated tray or onto an overturned plate.

Keep the meat warm while the sauce is being made.

MAKING A SHORT SAUCE BY DEGLAZING



Remove some of the fat from the pan.

Make the sauce

- Add the finely chopped or sliced shallots (according to the recipe).
- Sweat without browning.



Deglaze with white or red wine of your choice.

Reduce the wine by two thirds to reduce the risk of acidity.



Add the thickened flavoured brown veal stock and, if desired, some meat glaze.



Reduce the sauce slightly using a spatula (do not use a whisk).

Adjust the smoothness and seasoning.

Pass the sauce through a muslin strainer and mix in a moderate amount of butter*.

** If the shallots will be part of the finished sauce, do not pass through a strainer.*



Serve

- Place the pieces of meat on a serving platter.
- Distribute the garnish of choice (degorged and poached beef marrow, for example).
- Coat evenly.

Uses

- Steak Bercy.
- Ribeye steak with red wine reduction sauce.
- Hanger steak with shallots.



Small pieces of red meat are usually seasoned after cooking as the salt brings out the blood. Do not use a fork to turn them over as the blood may escape. Use a spatula instead.



ROAST AND POT ROASTED MEAT

BRIEF OUTLINE OF TECHNOLOGY

Roasting refers to cooking tender pieces of meat from young animals, uncovered in an oven or on a spit with a small amount of fat. Red meats are generally served rare (beef) or slightly pink (lamb). White meats should be cooked medium rare and well done for pork.

Pot-roasting is more suitable for large pieces of white meat that could dry out if roasted (topside or round fillet of veal). They are cooked in a covered casserole dish on a bed of aromatic

garnish.

Whichever method is used, do not deglaze the juices during cooking. Roasting juices or pot roasting stock is always made after cooking by deglazing. Roasting juices are clear (no liaison); pot roasting stock is slightly thickened and full-bodied.

TECHNIQUES USED

- Dressing a rack of pork
- Dressing a rack of lamb
- Preparing a veal sirloin steak
- Preparing a fillet of beef
- Preparing a leg of lamb
- Preparing a saddle of lamb
- Roasting red meat
- Roasting white meat
- Pot-roasting white meat
- Making roasting juice
- Making a pot roasting stock
- Glazing pot-roasted meat
- Making persillade
- Selecting, washing and conserving watercress

Suggestions for accompanying garnishes

Roasted red meats:

jardinière vegetables, vegetable bouquetière, vegetable timbales, dry-fried potatoes, potato gratin, etc.

Roasted white meats:

cauliflower, broccoli, Romanesco, Brussels sprouts, carrots, petits pois, pasta with butter.

Pot-roasted meats:

vegetables of your choice.

ROAST SIRLOIN STEAKS, JARDINIÈRE VEGETABLES



“A tender back piece of beef, roasted and served with an assortment of boiled vegetables that have been boiled and stewed in butter and roasting juice.

Suggested side dishes: green beans, mixed vegetables (bouquetière, spring vegetable timbales); dry-fried potatoes (matchstick potatoes); potato gratin, dauphinoise potatoes.”

| INGREDIENTS FOR 8 SERVINGS | UNITS | QUANTITIES |
|---|-------|------------|
| BASIC INGREDIENTS | | |
| - untrimmed sirloin steaks | kg | 2 |
| - butter | g | 40 |
| or | | |
| - oil | ml | 40 |
| ROASTING JUICE | | |
| - carrots (trimmings) | g | To taste |
| - onions | g | 80 |
| - thyme and bay leaf | g | To taste |
| - clear brown stock | ml | 400 |
| FINISHING | | |
| - butter | g | 40 |
| - watercress | bunch | 1/2 |
| SUGGESTED GARNISH | | |
| - carrots | g | 800 |
| - turnips | g | 800 |
| - extra-fine fresh or frozen shelled petits pois | g | 200 |
| - extra-fine fresh or frozen green beans | g | 200 |
| - butter | g | 80 |
| SEASONING | | |
| - coarse salt | | To taste |
| - fine salt | | To taste |
| - ground pepper | | To taste |
| AVERAGE PREPARATION TIME: 1 H 35 MIN | | |
| AVERAGE COOKING TIME (ACCORDING TO THE THICKNESS OF THE PIECE): 20 TO 25 MIN | | |



INSTRUCTIONS

1. Get the work area ready - 5 min

Ingredients, equipment for preparation, cooking and serving.

2. Prepare the sirloin steak - 10 min (see p. 314/315)

Set aside the sirloin steak and the lean trimmings in refrigerated storage.

3. Prepare the vegetables - 30 min

Peel, wash and cut the carrots and turnips into batons 3.5 cm to 4 cm long by 3.5 to 4 mm across (see pages 133/134 and 187/188), and set aside 80 g of carrot trimmings for the aromatic garnish for the roasting juice.

Trim, wash and cut the green beans into 3.5 to 4 cm long pieces. Shell and wash the petits pois.

4. Start cooking the vegetables - 10 min

Boil the vegetables separately, cool them and drain them.

5. Cook the sirloin steak - 5 min (see p.562/563)

Season the sirloin steak.

Place it on its trimmings in an appropriately sized roasting tin or in a straight-sided sauté pan.

Sprinkle with melted butter or oil.

Sear in a very hot oven (240 to 250°C) for about ten minutes, then finish cooking at 200°C for approximately 20 to 25 min (depending on the thickness of the meat).

6. Prepare the aromatic garnish - 5 min

Peel, wash and dice the onion into small pieces and add the carrot trimmings.

7. Wash, sort and remove the stalks from the watercress - 5 min (see p. 167/168)

Set aside on a tray with a small amount of water.

8. Check that the sirloin steak is cooked and remove it - 5 min

Keep it warm on a tray fitted with a rack.

9. Make the roasting juice -10 min (see p. 563/564)

Put the aromatic garnish on the stove and caramelize the juices, if necessary.

Remove the fat, then deglaze with water or with unthickened brown veal stock.

Add a small amount of thyme and bay leaf.

Let it reduce, then adjust the seasoning.

Pass the roasting juice through a muslin strainer.

Cover and set aside in the bain-marie at a temperature above +63°C.

10. Heat the jardinière vegetables - 5 min

Submerge the vegetables in a pan of salted, boiling water for a few seconds and then cover them delicately in the butter or place the vegetables in a slope-sided sauté pan with the butter and seasoning then cover them and stew them on a low heat (180°C) for approximately 10 min.

11. Serve the sirloin steak and mixed vegetables - 5 min

Untie the sirloin steak.

Heat it at the front of the oven if necessary (sometimes the end slice is removed).

Pour some roasting juice in the bottom of the platter.

Rub the sirloin steak with beurre noisette just before presenting.

Place one or two bouquets of watercress at the ends of the platters.

Carefully arrange the mixed vegetables in a mound on a vegetable dish.

Serve the rest of the gravy in a sauceboat.



It is recommended that you season roast meats again after cooking.

Result

Roasted sirloin steak, jardinière vegetables



FILLET OF BEEF IN BRIOCHE, PÉRIGORD SAUCE

1. Prepare the fillet (see p. 312/313)

Trim the meat, remove the fat and nerves and cut out a 1.5 kg piece from the centre of the fillet.

Remove the connecting tissue, stud the fillet with truffles (optional) and tie it (save the trimmings for the sauce).

2. Brown the fillet

Season it and brown it in butter very quickly. Brown it evenly on all sides, then transfer it onto a wire cooling rack and cool it completely.

3. Coat the fillet

Wrap it in large crêpes made with fine herbs, covered with a stuffing made of dry Duxelles, poultry mousseline forcemeat and foie gras (the crêpes prevent the dough from becoming soggy when cooked).

Coat the surface with beaten egg using a brush (glazing).

Coat it in 500 g of brioche dough (firmed in refrigerated storage).

Seal the ends well.

Make two small holes to let the steam escape.

Decorate the surface and glaze with egg diluted with a little milk.

4. Leave the brioche to rise

Place the coated fillet in a proofer or in a warm place (35 to 40°C maximum) and away from draughts.

5. Start cooking the fillet of beef

Brown it again then bake it in the oven at 220°C for 25 to 30 min.

The brioche should be golden brown and cooked and the temperature in the centre of the fillet should reach 48 to 52°C.

Remove the fillet and let it stand on a rack for approximately 20 minutes.

6. Make the périgord sauce

Brown the lean trimmings of the fillet in a frying pan.

Add a small amount of aromatic garnish and let it caramelize.

Degrease carefully, deglaze with 100 ml of Madeira wine and 50 ml of truffle juice. Allow it to reduce.

Add 60 ml of demi-glace sauce or espagnole sauce.

Slowly reduce, remove the skin and fat and then pass through a muslin strainer.

Add 50 g of truffles cut into fine brunoise and 100 g of foie gras in small cubes or sieved.

Butter the surface.



PREPARATION EQUIPMENT

- 3 food preparation trays
- 1 chopping board
- 1 muslin strainer
- 1 wire rack or base plates
- 2 bowls
- 1 colander
- 1 small bain-marie

COOKING EQUIPMENT

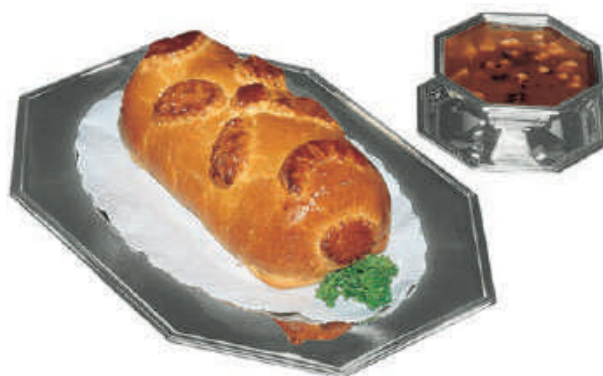
- 1 roasting tin or 1 straight-sided sauté pan
- 1 large saucepan
- 1 large sauté pan
- 4 small saucepans
- 1 small frying pan

SERVING EQUIPMENT

- long flat platters
- sauceboats
- sauceboat saucers
- paper doily

Result

Fillet of beef in brioche, périgord sauce



SIMILAR DISHES

Richelieu Beef Fillet*

- Roast the beef fillet in a very hot oven (around 250°C); allow roughly 20 min.
- Serve with Richelieu toppings (cherry tomatoes and mushroom caps stuffed with Duxelles, braised lettuce and château potatoes).

Piece of roast beef with mixed vegetables

- Garnish with peeled, hollowed and stewed tomatoes filled with jardinière vegetables (see p. 134, 182, 188, 198/199) and château potatoes.

Du Barry Beef Fillet

- Prick the fillet and roast it.
- Garnish with cauliflower balls topped with Mornay sauce and cooked au gratin, and fondant or chateau potatoes..

* Armand Jean du Plessis of Richelieu (1585/1642): Cardinal and Statesman, Chief minister of King Louis XIII.



MICHEL MAINCENT-MOREL

Technical teacher of vocational education and honorary head chef and culinary instructor at Paris Hospitality School - Jean Drouant.

Chef Maincent-Morel wrote several books (Best Practice Inside Editions). All these books have been awarded with the French National Culinary Academy Grand Prix. His best seller *La Cuisine de Référence* (The French Chef Handbook) has also received a Gourmand Cookbook Award.

"The French Chef Handbook is the must-have manual in the vocational schools (...) This success relies on the great rigour used to select and gather in one single volume all the bases and the dishes that make the French gastronomy."

Dominique Loiseau

CEO of the Bernard Loiseau group and General Manager of the Bernard Loiseau restaurants

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