



# RED WINE BRAISED BEEF



**SERVES**

4



**METHOD**

**STOVETOP**



**MINUTES**

400



**DIFFICULTY**

3/10

## INGREDIENTS

3 pound boneless beef roast

**Sea salt**

**Freshly ground black pepper**

3 tablespoons olive oil

1 onion, thickly sliced

1 small carrot, roughly chopped

1 celery stalk, roughly chopped

3<sup>1/2</sup> tablespoons butter, cold

2 garlic cloves, peeled

3 bay leaves

**Handful of mixed fresh herbs**

(rosemary, sage, and thyme)

3 cups dry red wine

4 cups beef stock

**Italian parsley, finely chopped**

Pat the beef dry and season it with salt and pepper.

In a large Dutch oven over medium-high heat, warm the olive oil. Add the beef and sear, turning as needed, until a browned crust develops all over, about 5 minutes per side. Remove the beef from the pot and reduce the heat to low.

Toss the onion, carrot, and celery into the pot along with a good pinch of salt and half the butter and gently cook until the vegetables are soft and translucent, 8 to 10 minutes.

Return the beef to the Dutch oven, add the garlic cloves and herbs, and then pour in the wine. Season with salt and pepper. Increase the heat to medium-high, bring the wine to a boil, and let it simmer rather fiercely for about 5 minutes.

Pour in the stock. Bring the liquid back to a boil, cover with a tight-fitting lid, and reduce the heat to low. Let it simmer gently, turning the beef occasionally, until the beef is very tender, 2 1/2 to 3 hours.

Transfer the meat to a cutting board and let it rest while you finish the sauce. Remove and discard the bay leaves and rosemary or thyme stalks. Using an immersion blender, blitz the vegetables and liquid until smooth.

Reduce the sauce over medium heat, uncovered, until slightly thickened, about 30 minutes. Drop in the rest of the butter and swirl it through the sauce until glossy.

Cut the beef into slices about 1/2 inch thick and return them to the sauce. Sprinkle with parsley and serve immediately.

# LEMON ROASTED ASPARAGUS



**SERVES**

4



**METHOD**  
OVEN ROASTING



**MINUTES**

10



**DIFFICULTY**

1/10

## INGREDIENTS

1 pound fresh asparagus,  
trimmed  
2 tablespoons olive oil  
2 cloves garlic , minced  
2 tablespoons parmesan, grated  
1 lemon, thinly sliced  
2 teaspoons freshly squeezed  
lemon juice (one lemon)  
**Sea salt and  
Freshly ground black pepper,  
to taste**

*Asparagus is a member of the Lily family.  
Asparagus is related to onions, leeks, and garlic.  
It's said that Queen Nefertiti proclaimed asparagus  
to be the food of the Gods...*

Preheat your oven to 400 degrees F and line a rimmed baking sheet with parchment paper.

Add the asparagus, lemon slices, olive oil, freshly squeezed lemon juice, sea salt, ground black pepper, minced garlic, and parmesan cheese to the baking sheet.

Toss to evenly coat.

Place in the oven and roast for 8-10 minutes or until the asparagus is crisp on the outside and tender in the center.





## FRIED STUFFED CASTELVETRANO OLIVES



**SERVES**

**4-6**



**METHOD**

**STOVETOP**



**MINUTES**

**35**



**DIFFICULTY**

**4/10**

### INGREDIENTS

40 Castelvetro olives  
3 ounces ground beef  
2 ounces ground pork  
2 tablespoons grated parmesan  
1/4 teaspoon freshly grated nutmeg  
1 egg yolk  
1 whole egg  
1 lemon, zest finely grated  
**Kosher salt**  
**Freshly ground black pepper**

**Peanut oil**, for frying  
2 tablespoons whole milk  
1/2 cups bread crumbs  
1/2 cup flour

*Did you know that the olive is in fact a fruit, not a vegetable, and can be green, purple, dark brown, black, and even pink color?*

Pit olives by lightly crushing them individually with the flat side of a chef's knife; discard pits, leaving olives as intact as possible. Mix beef, pork, parmesan, nutmeg, yolk, lemon zest, salt, and pepper in a bowl. Divide mixture into forty 1/2 teaspoon balls. Stuff 1 ball of meat mixture into each olive; press olive around filling to seal.

Heat 2" oil in a 4-quart saucepan until a deep-fry thermometer reads 375°F. Whisk whole egg and milk in a bowl. Place bread crumbs and flour in separate bowls. Working in batches, roll olives in flour, dip in egg mixture, and coat in bread crumbs; fry until crisp and filling is cooked through, 3-4 minutes. Using a slotted spoon, transfer olives to paper towels; season with salt.

# WINTER PORK + FRUIT RAGOUT



**SERVES**

4-6



**METHOD**

STOVETOP / OVEN



**MINUTES**

120+



**DIFFICULTY**

4/10

## INGREDIENTS

3 pound pork tenderloin, cut into 1 inch cubes  
2 dozen dried apricot halves  
1 cup raisins  
1 cup dry red wine  
1 cup red wine vinegar  
3 tablespoons fresh dill  
3 tablespoons fresh mint  
3 tablespoons fresh thyme  
1 teaspoon cumin  
**Freshly ground black pepper**  
1/3 cup extra virgin olive oil  
4 shallots minced  
1 cup dry white wine  
1 quart chicken stock  
2 bay leaves  
1/4 cup honey

In a large bowl combine pork, apricots, raisins, red wine, red wine vinegar, dill, mint, thyme, cumin, and pepper. Marinate in the refrigerator for 24 hours. Stirring now and then.

Strain the pork and fruit. Reserve the marinade. Separate out pork and pat dry. Reserve fruit in a small bowl.

Preheat oven to 350°F.

Heat olive oil in a large frying pan, brown the meat in small batches. Transfer the pork to a large dutch oven casserole.

Wipe out the frying pan, saute shallots for about 5 minutes over medium heat. Add reserve marinade and bring to a boil. Thicken slightly for a few minutes, pour over the meat.

Add the apricots, raisins, white wine, half the chicken stock, bay leaves, and honey to the dutch oven with pork. Stir to combine. Over medium high heat, bring to a boil. Cover and put in oven.

Bake for 75 minutes. Uncover pot, add more chicken stock if meat looks dry. Bake for another 30 minutes or until pork is fork tender.

*Ragoût comes from the French verb "ragoûter", meaning "to revive the taste."*

