

Braised Beef and Other Stews

Short Ribs Braised in Red Wine

Shrimp Etouffee

Pork Braised in Port with Dried Fruits

Braised Chicken with Root Vegetables

Short Ribs Braised in Red Wine

2 tablespoons oil
2 pounds beef short ribs
1 large leeks (white and pale green parts only), chopped
2 garlic cloves, sliced
8 ounces mushrooms, quartered
1 cup red wine
1 cup chopped tomatoes
1 bay leaf
Beef stock
Salt and pepper

1. Preheat oven to 325°F. Heat oil in a Dutch oven over high heat until hot but not smoking. Add ribs and cook, turning, until nicely browned. Remove ribs and set aside.
2. Reduce heat and add leeks; cook until softened. Add garlic and cook 1 minute. Increase heat and add the mushrooms. Cook until browned.
3. Add wine and bring to simmer; reduce by half. Add tomatoes, ribs, bay leaf and enough beef stock to come halfway up ribs. Bring to a boil, cover and transfer to oven. Gently, braise until meat is very tender, 2 to 2-½ hours.
4. Remove from oven. Skim off excess fat from surface of sauce and discard bay leaves. Serve.

Shrimp Etouffee

4 tablespoons unsalted butter
¼ cup flour
1 onion, finely diced
½ green pepper, finely diced
1 stalk celery, finely diced
1 bay leaf
1 teaspoon salt
¼ teaspoon cayenne pepper, or to taste
1 tablespoon Cajun seasoning
½ quart shrimp stock
1 pound medium shrimp, peeled and deveined
Steamed white rice, for serving
Fresh parsley
¼ cup thinly sliced scallions

1. Melt the butter in a Dutch oven over medium heat. Add the flour and stir continuously to make a roux. Stir the roux over medium heat until the color of peanut butter, 5 to 7 minutes.
2. Add the onions, bell peppers and celery and cook, stirring often, for 10 minutes. Add salt, cayenne, and 1 tablespoon of the Cajun seasoning.
3. Whisk in the shrimp stock. Bring the mixture to a boil, and reduce to a simmer. Cook until flavors combine; add the shrimp; simmer until shrimp are just cooked through to the center.
4. Add the chopped parsley; adjust seasoning. Serve over white rice and garnish with scallions.

Shrimp Stock

2 tablespoons butter
2 leeks, diced and well cleaned
2 carrots, diced
2 celery stalks, diced
6 cups shrimp shells
¼ cup brandy
2 sprigs parsley
4 whole black peppercorns
1 bay leaf
Salt

5. Bring a stockpot to medium heat and add the butter. When melted, add the leeks, carrots and celery. Cook until nicely softened but not browned. Season with salt.
6. Add the shrimp shells and cook until pink.
7. Remove from heat and add the brandy (be careful, it may flame). Return to the heat and cook until brandy has almost completely evaporated.
8. Cover with water and add the remaining ingredients.
9. Bring to a simmer and cook for 45 minutes. Let cool slightly.
10. Pour through a fine mesh strainer and cool completely.

Pork Braised in Port with Dried Fruits

2 boneless pork tenderloins, trimmed
Fresh rosemary, finely chopped
Fresh thyme, finely chopped
2 tablespoons olive oil
1 medium onion, finely sliced
1 carrot, finely diced
¼ cup pitted prunes, quartered
¼ cup dried apricots, sliced
¼ cup golden raisins
½ cup port
½ cup rich chicken stock
1 teaspoon Dijon mustard
1 bay leaf
Salt and pepper

1. Season the pork generously with rosemary, thyme, salt and pepper.
2. Bring a heavy sauté pan to medium-high heat and add the oil.
3. Cook pork, turning occasionally, until nicely browned on all sides. Remove from pan and set aside.
4. Reduce heat to medium low and add the onion and carrots. Cook until softened. Add the dried fruits, port and mustard; bring to a simmer and reduce by half. Add the stock and reduce by one-third.
5. Add back the pork, bring to a gently simmer and cook until internal temperature reaches 150 degrees. Remove pork and let stand five minutes. Check sauce for seasoning and serve with pork.

Braised Chicken with Root Vegetables

2 cups chopped root vegetables (carrots, parsnips, rutabaga)
1 cup chopped onion
2 tablespoon olive oil
Dried thyme
Salt and pepper

2 tablespoons oil
4 skinless boneless chicken breast halves
3 large garlic cloves, thinly sliced
½ cup dry white wine
1/3 cup whipping cream
½ cup diced canned tomatoes with juice

1. Preheat oven to 400 degrees. Toss root vegetables and onions with oil, thyme, salt and pepper. Roast until completely tender and nicely browned. Set aside.
2. Bring a heavy sauté pan to medium heat and add the oil. Season chicken with salt and pepper and cook, turning once, until nicely browned. Set aside.
3. Lower the heat and add the garlic and cook until softened, about 1 minute.
4. Add the wine and reduce by half, scraping up any bits on the bottom of the pan.
5. Add the cream and the tomatoes and bring to a simmer. Add back the chicken and cook until internal temperature reaches 160 degrees. Remove chicken from pan and keep warm.
6. Add root vegetables to sauce and cook just long enough to combine flavors. Season with salt and pepper. Serve with chicken.