

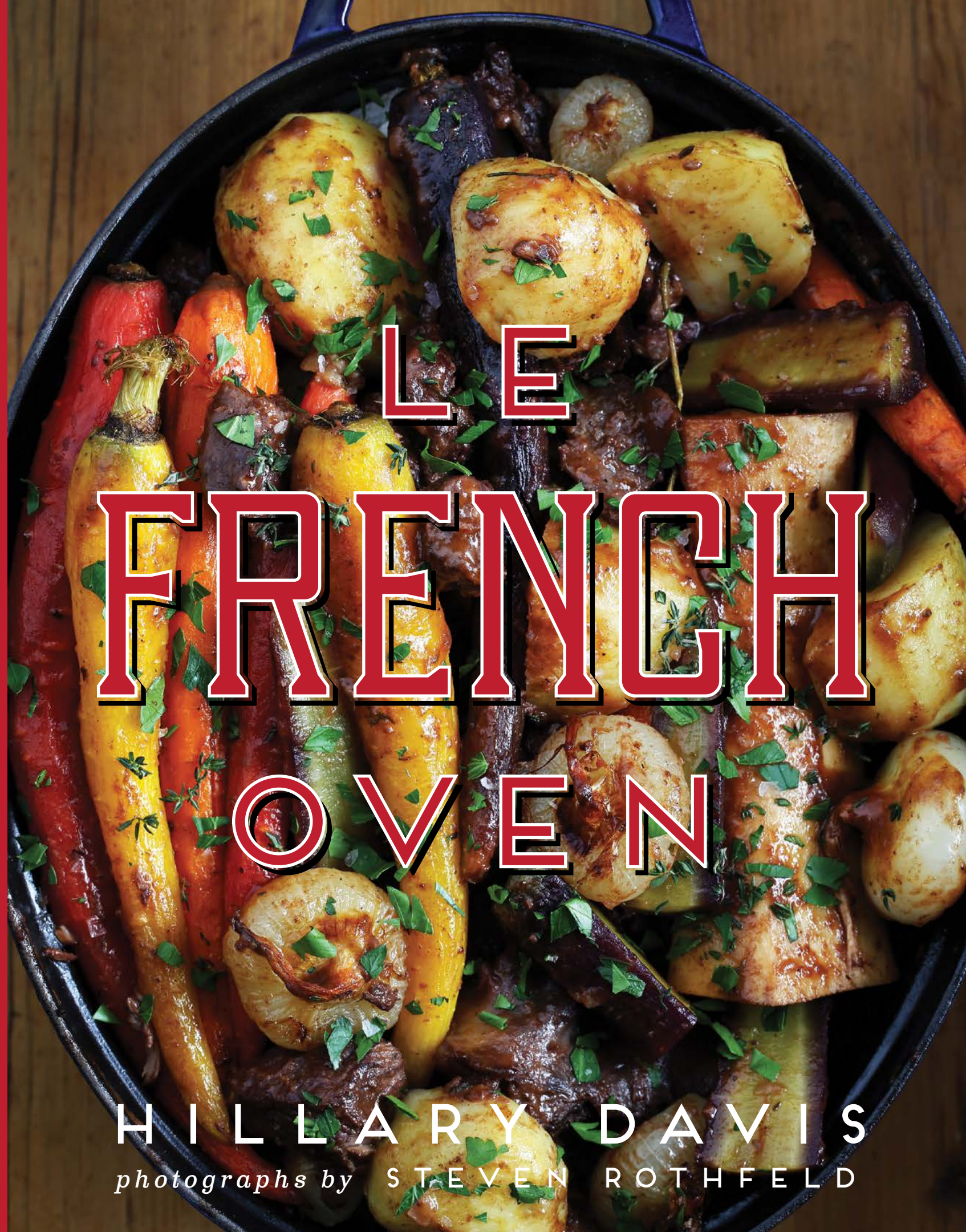


LE FRENCH OVEN

DAVIS



GIBBS SMITH



# LE FRENCH OVEN

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# MARINATED GOAT CHEESE WITH ROASTED GARLIC

Fromage de Chèvre mariné à l’Ail rôti SERVES 6

*Easily served as an appetizer or as the cheese course after the main meal, these small cocottes of marinated goat cheese are served with toasts and little spreading knives. For this recipe, you slice off pieces from a large log of goat cheese, but if you can find them, feel free to substitute whole small goat cheese rounds with rinds.*

*Too often I come across goat cheese drizzled with balsamic or honey or sprinkled with cranberries. I prefer for this dish to concentrate on buying the best quality goat cheese, the best quality olive oil, and pairing them with some roasted garlic, fresh cherry tomatoes, and great bread. Simple and delicious.*

**SPECIAL EQUIPMENT** BAKING SHEET; ALUMINUM FOIL; 6 MINI COCOTTES

2 fresh thyme sprigs	3 teaspoons fine table salt, divided	Flaky sea salt (like Maldon) for garnish
6 fresh basil leaves	2 tablespoons pink peppercorns, crushed	Baguette or hearty flavorful farmhouse bread thickly sliced and toasted
6 cherry tomatoes	12 ounces (340 g) soft goat cheese, sliced into 6 even rounds	
18 large cloves garlic		
¾ cup (180 ml) best quality extra virgin olive oil, plus 3 tablespoons (45 ml), divided		

## PREP

Preheat oven to 375° F (190° C) and place a piece of aluminum foil on the baking sheet.

With kitchen scissors, snip off tiny florets of thyme leaves. Discard the stalks. Divide leaves into 2 piles. Stack basil leaves, roll tightly, and then thinly slice into fine ribbons.

Finely slice cherry tomatoes then slice into small dice, reserving a few slices for garnish.

## COOK

Place the whole cloves of garlic in a bowl, pour in 3 tablespoons (45 ml) oil, sprinkle in 2 teaspoons salt, and toss well to combine. Heap the garlic onto the center of the foil, pull the foil up and around the garlic to seal the package, and bake for 40–50 minutes, until soft. Remove from the oven, open the packet, and allow garlic to cool to room temperature.

In a bowl, whisk together the remaining oil, remaining salt, crushed pink peppercorns, and 1 pile of thyme leaves. Pour 1 tablespoon of this oil mixture into the bottom of each cocotte. Place a goat cheese round on top. Drizzle a little of the oil mixture over each goat cheese round.



# BEEF POT-AU-FEU, DECONSTRUCTED

Pot-au-Feu de Boeuf Déstructuré SERVES 8

All over France, people cook various versions of pot-au-feu (pot on the fire). In general, it is a meal that can be served in two helpings or at two different times, consisting of a soup, meat or poultry, and vegetables.

My pot-au-feu is all about the bones. Bone marrow is a healthy fat, mostly unsaturated, and loaded with nutrients. Stewing and roasting with the bones adds deep flavor to a pot-au-feu. As well as having marrow bones in the pot-au-feu, I also roast some. And, as well as stewing the vegetables in the pot-au-feu, I also roast vegetables and serve them with the sliced meats.

This is a hearty big meal for a Sunday dinner. You can go casual and serve it right from the French oven, or you can do what I do and dress it up by presenting it deconstructed on plates brought to the table. Stand up one roasted bone on each plate, arrange the stewed slices of meat in the center of the plate, ladle sauce over them, then add the roasted vegetables on top. I serve mine with slices of toasted baguette to spread the marrow on.

**SPECIAL EQUIPMENT** BAKING SHEET; ALUMINUM FOIL OR PARCHMENT PAPER; 5 QUART (5 L) OR LARGER FRENCH OVEN; 8 LARGE SHALLOW SOUP BOWLS

- 8 (3-inch / 8-cm) pieces grass-fed, center-cut beef marrow bones

2 (1-inch / 2.5-cm) pieces grass-fed, center-cut beef marrow bones

2 sprigs fresh thyme

1 sprig fresh rosemary

4 beef short ribs

2½ to 3 pounds (1.2 kg to 1.4 kg) beef brisket

4 medium yellow onions, 1 thinly sliced and 3 cut into chunks

1 large leek, sliced into 1-inch (2.5-cm) pieces
- 8 whole cloves

24 large cloves garlic, 8 coarsely chopped and 16 whole

2 bay leaves

6 black peppercorns

7 medium carrots, 1 sliced into 1-inch (2.5-cm) pieces and 6 sliced into 2-inch (5-cm) pieces

8 unpeeled russet potatoes or lots of fingerling potatoes, sliced into 1¼-inch (.5-cm) rounds

2 stalks celery with leaves, sliced into 1-inch (2.5-cm) pieces and leaves chopped
- 1 medium green cabbage, half thinly sliced and half cut into chunks

Coarse kosher or sea salt, to taste

Olive oil

Thin slices of crusty baguette, lightly toasted

Fleur de sel (like Maldon) to serve in a bowl

Pepper mill

Dijon mustard

## PREP

Line baking sheet with aluminum foil or parchment paper. Rinse and pat dry the marrow bones.

Pull leaves off thyme and rosemary sprigs. Discard sprigs. Divide thyme into 2 piles. Coarsely chop rosemary needles.

## COOK

Put the meats and 2 (1-inch / 2.5-cm) marrow bones into the French oven, cover with water, and bring to a boil. Skim the foam from the top and discard. Add the thinly sliced onion, leek, cloves, chopped garlic, bay leaves, peppercorns, sliced 1-inch (2.5-cm) carrots, celery, 1 pile thyme leaves, rosemary,

and more water, if needed, to cover. Bring to a low simmer and cook, uncovered, for 2 hours. Add the thinly sliced cabbage and salt and cook for another 30 minutes, until all the meat is tender. Taste the broth and add salt and coarsely ground black pepper, if desired. Pull out the cloves and bay leaves and discard. Stir in the second pile of thyme leaves and the chopped celery leaves.

During the last hour, begin to prepare the roasted bones and vegetables.

Arrange a middle and bottom rack in the oven and take out the top rack. Preheat the oven to 450° F (230° C).





# VANILLA PUDDING AND RASPBERRY TARTS

Tartes à la Crème à la Vanille et à la Framboise MAKES 6

Once I learned to make classic French fruit tarts with vanilla pastry cream and a pâte sucrée crust years ago in Paris, I could create almost any size tart with the basic technique and use any berries or fruits that were in season.

When I tried various ways to make one in mini cocottes, the version I liked the best was when I used sheets of phyllo dough instead of making the traditional sugar crust for them. This one has the pastry cream cradled inside a delicate baked phyllo flower. I place just one perfect raspberry on top.

**SPECIAL EQUIPMENT** 6 MINI COCOTTES; ROASTING PAN; PASTRY BRUSH; FRENCH OVEN OR VERY LARGE SAUCEPAN; STAND MIXER

### Phyllo Crust

1 roll from a frozen package of frozen phyllo pastry, thawed

2 tablespoons (30 g) unsalted butter, melted

Sugar

### Filling

3 cups (720 ml) milk, room temperature

3 cups (720 ml) half-and-half, room temperature

1/4 teaspoon salt

3 teaspoons vanilla extract

1 teaspoon almond extract

8 large egg yolks, room temperature

1 1/4 cups (250 g) sugar

1/2 cup (60 g) cornstarch

2 tablespoons (15 g) all-purpose flour

4 tablespoons (60 g) unsalted butter

6 raspberries

Powdered sugar

### PREP

Preheat oven to 350° F (180° C), lightly butter cocottes, and place in roasting pan.

### COOK

#### Phyllo Crust

On a clean work surface, separate 6 sheets of phyllo, and return the remaining sheets to the freezer. Stack the sheets, and with kitchen scissors, cut them in half so that you have 9 x 7-inch (23 x 18-cm) pieces.

With a pastry brush, lightly brush 1 sheet with the melted butter. Take another sheet, turn it around the other way, lay it on top, and brush with melted butter. Gently lift the 2 sheets and carefully scrunch them down into a cocotte so that they touch the bottom and have a pretty overhang of “leaves” around the edges. Repeat this process with the remaining cocottes. Sprinkle the phyllo interiors and leaves with sugar.

Bake in the oven for 3–7 minutes, or until golden and crispy. Watch them as they will brown quickly. This step can be done ahead and they can be kept at room temperature until ready to use.

#### Filling

Heat the milk, half-and-half, salt, vanilla extract, and almond extract in the French oven, until simmering. Then turn the heat down to very low.

In the stand mixer, beat the egg yolks and sugar together for 3–4 minutes until very thick. Beat in the cornstarch and flour.

Bring the milk mixture back to almost scalding. With a measuring cup, slowly pour a third of the hot milk into the egg mixture with the machine running. Then pour all of the egg mixture into the hot milk in the French oven and cook over low heat while you constantly whisk. It will look frothy and thick. You will be doing this for at least 5 minutes, as you want the mixture to become thick enough to hold its shape.

When you like the look of the pudding, slice in the butter, whisking until it is all melted. Cool the pudding to room temperature. If you are using the pudding later, cover with plastic wrap touching the top of the pastry cream and put in the refrigerator.

When you are ready to assemble the tarts, spoon the pastry cream into the shells in the cocottes and top with one raspberry.