



Total Locals Club

Recipes for pairing with Total Locals
Club April 2017 Selections

www.localstastingroom.com
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Classic Pot au Feu (Pot roast with seasonal vegetables)

Makes 6 to 8 servings. Pair with 2014 Denier-Handal Vineyards, Family Selection Red Wine Blend.

Ingredients:

- 1 large onion, quartered
- 6 large leeks, white and pale green parts only, cut into 2½-inch lengths
- 12 celery ribs, halved crosswise
- 6 medium carrots, peeled and halved crosswise
- 4 meaty beef shanks (about 3 pounds), 1½ inches thick
- One 3-pound beef rump roast or bottom round, tied
- 4 parsley sprigs
- 4 thyme sprigs
- 2 bay leaves
- 1 teaspoon whole black peppercorns
- Kosher salt
- Eight to ten 2-inch marrow bones (optional)
- 8 quarts water
- 6 medium parsnips, peeled and cut into 2-inch lengths
- 6 medium turnips, peeled and quartered
- 1 pound rutabagas, peeled and cut into eighths
- 1½ pounds unpeeled small potatoes, about 1½ inches, scrubbed
- Freshly ground black pepper
- Horseradish, whole-grain mustard and sour cream, for serving

Preparation:

In a large pot, combine the onion and half each of the leeks, celery and carrots. Set the beef shanks and rump roast on top of the vegetables. Wrap the parsley, thyme and bay leaves in a piece of moistened cheesecloth and tie into a bundle. Add the bundle to the pot along with the peppercorns and 1 tablespoon of kosher salt. Add 2 of the marrow bones and the water. Bring to a boil over high heat, then reduce the heat to low, cover partially and simmer, skimming occasionally, until the rump roast is very tender, about 2½ hours.

Transfer the shanks and roast to a large bowl and cover. Strain the broth and return it to the pot. Boil over high heat until reduced to 10 cups, about 45 minutes; skim off the fat.

Add the remaining leeks, celery and carrots to the broth along with the parsnips, turnips and rutabagas. Cover and simmer over low heat until the vegetables are just tender, 30 minutes. Add the remaining 6 to 8 marrow bones and the potatoes. Cover and simmer until the potatoes are tender, 40 minutes.

Untie the rump roast and cut it across the grain into 6 to 8 slices. Cut the shank meat into 2-inch chunks; add the meats to the pot and simmer until heated through. Season with salt and pepper. Ladle the broth into shallow bowls. Add the meats, marrow bones and vegetables and serve, passing horseradish, mustard and sour cream at the table.

