



From Scratch – Jack Lenards

Class one Chefs Supper Club Classical French Cookery

Beef bourguignon or Boeuf bourguignon

EQUIPMENT

- | | |
|---|---|
| <input type="checkbox"/> Hob | <input type="checkbox"/> Tongs |
| <input type="checkbox"/> Casserole Dish | <input type="checkbox"/> Wooden spoon |
| <input type="checkbox"/> Chopping board | <input type="checkbox"/> Pastry brush |
| <input type="checkbox"/> Chefs knife | <input type="checkbox"/> Palette Knife (optional) |
| <input type="checkbox"/> Paring knife | |

INGREDIENTS

Beef rump	300-400g	Butter	50g
Smoked bacon	200g	Tomato puree	2 tbsp
Veal stock	1L	Red wine	75cl
Pearl onions / Shallots	x15	Parsley	100g
Baby button mushrooms	x15	Olive oil	50ml
Garlic cloves	x2	Cracked black pepper	
Thyme	x6 sprigs	Sea salt	
Bay leaf	x2		

METHOD

1. Turn your oven on and heat to 160 degrees.
2. Using a paper towel, pat the beef rump to get rid of any excess liquid on the outside of the beef, then trim off any excess sinew. Keep any pieces of fat and add them to the cooking pot to help the flavour. Once trimmed, cut your beef into large chunks (about the size of your thumb). Leave to one side to come to room temperature.
3. Cut the smoked bacon into large lardons (2-3cm ideally) and leave them to the side (chef tip -buy a large piece of smoked bacon and keep in the freezer. Take it out and cut off slices as needed while it's semi frozen and then replace back into the freezer when finished. Cut the slices into lardons and just add them directly to your dish, they will thaw while cooking).
4. Peel and trim the top and bottom of the onion. Trim the stalk from the baby button mushroom and keep whole, for larger mushroom half or quarter them so they are the same size as a baby button mushroom.
5. Heat the oil in the casserole dish until it just begins to smoke. Season the beef with salt then add to the dish making sure to sear on all sides. Once seared, remove and allow to rest. Depending on the size of the dish you may need to sear the beef in batches. Retain the oil in the casserole dish once the beef is finished searing.
6. Add the bacon lardons and fry until lightly golden.
7. Add the mushrooms, then the shallots and cook until caramelised on the outside. Remove from the dish and set aside.
8. Deglaze the dish with the red wine and reduce by half or until syrupy.
9. Add in the beef and cover with veal stock. Add the butter, thyme, bay leaf and salt and pepper to taste. Peel your two cloves of garlic and just crush with the palm of your hand and add to the pot. Add the tomato puree and stir in thoroughly.
10. Bring to the boil and then turn down to a gentle simmer. Place in the oven for 1.5 (depending on the size of your dish).
11. After 1.5 hours remove from the oven and stir thoroughly. If the meat is tender enough to cut with a spoon then the dish is ready. If it still seems a little tough, replace the lid and cook for another 20 minutes.
12. Once the meat is tender remove the lid and cook for a further 20 minutes. This will reduce the sauce further and intensify the flavours.
13. Remove the dish from the oven and leave to rest. Remove the bay leaves and thyme sprigs from the sauce.
14. Serve hot and garnish with roughly chopped parsley. This dish is delicious on its own or with mashed or boiled potatoes.

Chocolate fondant

EQUIPMENT

- | | |
|--|---|
| <input type="checkbox"/> Oven at 180 degree | <input type="checkbox"/> Bowls |
| <input type="checkbox"/> Fondant moulds, oven proof ramekin, or mug / cup or single serving casserole dish | <input type="checkbox"/> Small pot |
| <input type="checkbox"/> Pastry brush | <input type="checkbox"/> Spatula |
| <input type="checkbox"/> Parchment paper | <input type="checkbox"/> Paring knife |
| <input type="checkbox"/> Whisk | <input type="checkbox"/> Grease spray / Melted butter for greasing cooking dishes |
| | <input type="checkbox"/> Piping bag + size 10 nozzle (optional) |

INGREDIENTS

rice flour	40g	unsalted butter	50g
ground almonds	40g	eggs (large class A ideally)	2
chocolate 65%	110g	sugar	40g
		Cocoa powder for dusting	1 tbsp

only cook with 60%-75% choc, any higher is too bitter don't use a pure milk chocolate as it tends to burn

METHOD

1. Heat oven to 180 degrees.
2. Place the butter and chocolate in a bowl and melt over a saucepan of simmering water on the hob, stirring as you go. Use a spatula to thoroughly combine the chocolate and butter.
3. In another bowl, separate the egg yolks from the whites. Put the yolks to one side and beat the egg whites until they become light and fluffy. Gradually add the sugar in three stages until the meringue makes stiff peaks and has doubled in size. You should be able to invert the bowl and the mixture will not fall out.
4. In a second bowl combine the ground almonds and flour.
5. When the chocolate is fully melted remove from the heat and fold in the egg yolk in 3 stages. **Stage 1:** Add a spoonful of egg to lighten the mix and loosen it up. **Stage 2 :** add a second spoonful of egg using a spatula. You can work it quite hard at this stage as you are looking to loosen up the mixture (it starts as a paste but you want to create a glossy/silky mixture). **Stage**

3: gently fold in the remaining egg mixture to create your fondant mix. Work this very gently to retain the air in the mixture.

6. Use a cooking spray or some softened butter, grease the inside of the mould/dish/cup, or line it with buttered grease proof paper so you can remove it once cooked (avoid making it too greasy as you will taste it when you eat it). If you don't have a fondant mould or ramekin use an oven proof cup or mug or a small single serving casserole dish or similar.
7. Spoon or pipe your fondant mix into the prepared mould, ramekin, dish or cup. Add the mixture into the dish, cup or mould to just under the rim. This will allow room for the mix to rise in the oven.
8. Bake at 180 degree for between 12 -14 mins depending on the size of your dish. Once you add your fondant to the oven do not open the oven until it is cooked.
9. Once out of the oven allow the fondant to stand for 3/4 minutes to allow the crust to firm up.
10. Sieve a light coating of cocoa powder over the top. This dish can be enjoyed on its own or with a vanilla ice cream or Creme Chantilly.

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