

*The Martini House, St. Helena, CA*  
*Braised Beef Bourguignon with*  
*Carrot Puree, Glazed Salsify and Smoked Bacon*  
*Paired with*  
*Joel Gott 2001 Cabernet Sauvignon*

**Ingredients:**

**Serves 6**

1 – 6-8 oz. chuck shoulder center cut  
6 sprigs parsley stems  
6 oz. smoked bacon cut into lardoons  
¼ cup tomato paste  
1 oz. vegetable oil  
3 cups cabernet sauvignon  
4 oz. olive oil  
2 cups rich beef or veal stock  
2 tbs flour  
12 oz. cooked salsify batons  
1.5 cups onions chopped, in ½ inch dice  
2 oz. butter  
1.5 cups carrot chopped, in ½ inch dice  
12 oz. carrot puree  
6 sprigs fresh thyme  
½ bunch chopped parsley  
2 ea. bay leaves  
Salt and white pepper  
1 head garlic, cloves separated, peeled and crushed

**Preparation:**

Combine beef with the olive oil, vegetables, herbs and garlic and mix evenly and marinate refrigerated over night.

The next day separate the meat and mirepoix.

Preheat oven to 300 degrees. Make bacon lardoons by cutting bacon into ½ inch by 1 inch long strips. Heat the vegetable oil to medium heat in a large frying pan and add the bacon, render bacon for 3 minutes until it has released its fat. Remove bacon and reserve. Turn heat up till the oil is close to smoking. Dry the beef chunks on paper towels and season well with salt and pepper. Carefully add the beef, browning on all sides. Remove beef from pan and add vegetables stirring to release brown bits at bottom of pan. Cook 3 minutes then add flour and stir 3 minutes careful not to scorch. Next add tomato paste stirring 3 more minutes.

Deglaze with wine and reduce by one half.

Add stock and bring to a simmer skimming for 5 minutes.  
Add meat at this point. Bring to a simmer and cover and place in oven for approximately 2 hours until tender.  
Remove from oven and reduce liquid to glaze meat.  
Heat carrot puree and warm salsify in butter, season with salt and pepper.  
Place meat in a serving dish and top with batons of salsify and parsley.  
Serve puree on the side.

**Carrot Puree:**

1 lb. carrot, peeled and diced ½”  
8 oz. Milk  
8 oz. cream  
½ oz. butter  
Salt and white pepper to taste

**Preparation:**

In a thick bottom saucepot, place carrot, cream, milk and butter and bring to a simmer.  
Continue to simmer mixture until the carrot is tender and the liquid has reduced by 1/3.  
Strain the liquid from the carrot and allow to drain.  
Add the carrot to a blender and add a small amount of the liquid. Begin to puree.  
Continue to process until smooth, adjust seasoning.  
Run mixture through a tamis for a smoother puree.

**To cook salsify:**

1.5 lbs. salsify  
2 oz. lemon juice  
4 qts. Water  
1 tbs salt  
1 tbs sugar  
1 tbs olive oil

**Preparation:**

Combine 2 quarts of water with 1 oz. lemon juice  
Peel salsify and cut in 3 inch long pieces. Place in the acidulated water to prevent discoloration.  
Combine 2 qts. Water, lemon juice, salt, sugar and olive oil and bring to a simmer.  
Place salsify in the water and cook 20 minutes or until salsify is just tender. Test by piercing with a knife.  
Remove salsify and cool.

