

## Boeuf a la Bourguignone (Beef Burgundy)

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*Lucien Hinkle got this surprisingly simple version of Beef Burgundy from his mother, who adapted it from an old French cookbook. It is easy to prepare and makes a wonderful meal for a chilly day.*

SERVES 4

3 tablespoons olive oil  
2 strips bacon, cut into 1-inch pieces  
2 pounds Cattleana Sirloin Steak, cut into 1" cubes  
Salt and freshly ground black pepper to taste  
12 small white onions, peeled, whole (cut in half, if desired)  
1 clove garlic, crushed  
2 tablespoons all-purpose flour  
2 cups dry red wine  
2 cups water  
2 tablespoons tomato paste  
2 teaspoons fresh thyme  
1 tablespoon finely chopped parsley  
3 bay leaves  
7 peppercorns  
1 pound mushrooms

Heat the olive oil over a medium flame in a heavy, medium-size stew pot. Add the bacon. Cook for 1 minute.

Sprinkle the beef with salt and pepper, and add to the pot. Cook until browned, turning often, about 7 to 8 minutes. Remove the bacon and the beef; add the onions and garlic, saute for 2 minutes, and return the meat to the pot. Sprinkle with flour, stir, and cook 2 to 3 minutes longer. Add the remaining ingredients (except the mushrooms), and mix well. Cover, and simmer for 1 ½ to 2 hours, or until the meat is fork-tender.

Add the mushrooms, and cook, at a slow simmer, 15 minutes longer. Serve over a bed of rice.

### Roast Leg of Lamb

*The Leg of lamb is a magnificent feast, suitable for only the most appreciative dinner companions. Unfortunately, many people have a tendency to overcook it; it is best served rosy and rare. So if you like juicy lamb, be sure to use your meat thermometer and remove the roast from the oven before it is too well-done.*

#### SHOWCASE. MINIMUM PREPARATION

Serves 5-6

Rosemary, Thyme, and Mustard Paste (or other paste below) 3-4 pound leg of lamb

Rub the Rosemary, Thyme, and Mustard Paste all over the leg, and rest the Lamb at room temperature for 1 to 2 hours or, covered with plastic wrap, overnight in the refrigerator.

Preheat oven to 500°F.

Place the leg of Lamb in a large roasting pan, set it in the oven, and immediately lower the heat to 250°F; continue roasting until a thermometer reads 120°F for a rare roast, 130°F for medium, or 140°F for well-done. Cooking times will vary based on the size of the leg and desired doneness, but allow at least 2 hours

at 250°F for a medium-rare 4-pound leg.

Remove the Lamb from the oven, cover loosely with foil, and rest for a *minimum* of 15 minutes before serving. The Lamb will continue to cook during this time, and the temperature will go up another 5° to 10°F.

## PASTES

To make a paste, choose a recipe below. Combine all the ingredients in a food processor. Mix thoroughly. Store any leftover paste in an air-tight container.

### CURRY PASTE

*Much tastier than the canned paste available in stores. Use it on lamb.*

4 tablespoons curry of your choice (I use much-hot-curry)  
1 ½ teaspoons sea salt  
2 teaspoons freshly ground black pepper  
2 cloves garlic  
1/3 cup olive oil

### MUSTARD-ROSEMARY GARLIC PASTE

*It work on lamb rib, chops and legs.*

1 tablespoon olive oil  
1 tablespoon Dijon mustard  
2 teaspoons dried rosemary  
2 teaspoons coarse salt  
1 teaspoon freshly ground black pepper  
1 clove garlic, crushed

### ROSEMARY, THYME, AND MUSTARD PASTE

*This is the ideal coating for a roasted leg of lamb.*

2 cloves garlic, minced  
1 tablespoon coarse salt  
2 teaspoons freshly ground black pepper  
1 tablespoon dried rosemary, crumbled  
2 teaspoons dried thyme  
½ teaspoon dried mustard  
6 tablespoons olive oil

## Glazed Ham in Maple-Raisin Sauce

*A smoked ham once implied that the chef of the house was cooking a meal for twenty and was probably going to have leftovers. However, today's smoked hams are cut in a variety of sizes, enabling cooks to prepare dinner for groups of all sizes. Here's a basic maple-glazed ham recipe that you can use whether you're preparing dinner for five or twenty-five.*

SHOWCASE. KID-FRIENDLY

NUMBER OF SERVINGS VARIES BASED ON THE SIZE OF THE HAM

1 smoked ham, preferably bone-in, any size

1 cups maple syrup or honey

Preheat the oven to 325°F.

Bring ham to room temperature, place in a roasting pan, and bake until heated through (the internal temperature need not be more than 130°F). As a guide, half ham (about 7 pounds) will take about 1 ½ hours. Remove the ham from the oven, and increase the heat to 425°F.

Using a knife, score the outside of the ham by making a series of crisscross cuts. Brush on ½ cup of the maple syrup (if you are using a ham that is 4 pounds or less, use ¼ cup syrup), return the ham to the oven for 20 minutes, and baste 2 or 3 times with the pan juices.

Remove the ham from the oven, set it on a cutting board, and brush with another ½ cup of syrup (again, if your ham is 4 pounds or less, use ¼ cup). Tent loosely with foil, and let rest while you make the raisin sauce.

For the maple-raisin sauce:

*If your ham is less than 4 pounds, halve all the ingredients.*

1 cup water

½ cup raisins

1 teaspoon freshly ground cinnamon

¼ teaspoon freshly ground nutmeg

2 tablespoons unsalted butter

2 tablespoons fresh lemon juice

1 tablespoon cornstarch or arrowroot

¼ cup ice water

To make the sauce, place the roasting pan on two burners over low heat. Pour in the cup of water and the remaining ½ cup maple syrup and simmer, scraping up any browned bits.

Add the raisins, cinnamon, nutmeg, butter, and lemon juice; bring to a boil, stirring constantly. Reduce the mixture by about a third, and lower to a simmer. Whisk the cornstarch or arrowroot and ice water until smooth, and slowly pour into the sauce. Continue to cook, and stir 1 to 2 minutes longer, until the sauce has thickened. Carve the ham, and serve the sauce separately.