

## *From our Kitchen* *to Yours...*

Steaks cooked to a perfect medium rare are napped with a coarse, flavorful Beaujolais-based sauce that has been studded liberally with shallots, celery, carrots, garlic and green peppercorns. Pan-seared steaks are served sliced rather than whole allowing the sauce to seep into all the surfaces of the meat.

### **SAUCE BEAUJOLAISE**

*3 tbsp. dry mustard*  
*1 ½ tbsp. coarse-cracked black pepper*  
*2 tsp. sea salt, plus additional to taste*  
*6 boneless strip, sirloin or rib eye steaks, 10 - 12 oz. at least 1" thick*  
*6 tbsp. unsalted butter*  
*2 tbsp. olive oil*  
*4 shallots, finely chopped*  
*1 rib celery, finely chopped*  
*1 carrot, peeled and finely chopped*  
*2 tsp. dried tarragon*  
*2 whole bay leaves*  
*1 ½ tbsp. coarse-cracked green peppercorn, drained*  
*2 ½ cups Beaujolais*  
*3 cloves garlic, finely chopped*  
*2 tbsp. Marc de Bourgogne or quality brandy*  
*½ cups fresh parsley, finely chopped*

**METHOD:** *Preheat oven to 325 F. In a small bowl, mix dry mustard, black pepper & 2 teaspoons salt. Rub mixture lightly into both sides of the steaks. Heat 1 tablespoon of butter with olive oil in a large heavy copper fry pan over medium-high heat. Cook steaks 4-5 min. per side for rare to medium rare. Transfer cooked steaks to a platter, cover loosely with foil keep warm in oven while preparing the sauce.*

NOTE: THE STEAKS WILL CONTINUE TO COOK A BIT, SO KEEP THIS IN MIND WHEN DECIDING HOW LONG TO COOK THEM.

**SAUCE:** *Add the shallots, celery, carrot, tarragon, bay leaves and green peppercorns to the skillet and sauté over medium-high heat for 2 minutes. Add the wine and boil until the liquid is reduced by ½, approx: 10-12 minutes. Discard the bay leaves, stir in the garlic and Marc de Bourgogne or brandy. Reduce the heat to low and stir in the remaining 5 tablespoons of butter, tablespoon by tablespoon, to make a lightly emulsified sauce. Season with salt & stir in parsley - cut the steaks into ½ "slices & nap generously with the Beaujolais sauce. Serve immediately.*

POTATOES GRATIN DIJONNAISE - the perfect accompaniment!

Your guests' spirits will of course become one with the wine if the Beaujolais Nouveau keeps flowing!



### **POTATO GRATIN DIJONNAISE**

*3# potatoes*

2 *tblsp.* *unsalted butter*  
1 *large sweet onion, thinly sliced*  
*Sea salt & freshly ground black pepper to taste*  
2 *tblsp. fresh chervil, chopped or 2 tsp. dried*  
*1/2 cup fresh parsley, chopped*  
2 *cup crème fraiche*  
3 *tblsp. Dijon mustard*  
*1/4 cup fresh lemon juice*  
4 *oz. freshly grated Gruyere or Emmenthaler ( or a combination )*

**METHOD:** *Cook potatoes in their skins until just barely tender when pierced in the center with a small knife. Drain, cool and remove skins. Slice into 1/3' thick rounds. While potatoes are cooking & cooling, melt butter in small fry pan over medium heat. Saute onion until light golden brown; set aside. Preheat oven to 400F. Butter a shallow 12' wide gratin dish; set aside. Gently combine the sliced potatoes & sautéed onion in a large mixing bowl. Season with salt & pepper, chervil & parsley. In a small bowl, whisk together the crème fraiche, mustard & lemon juice until smooth. Gently but thoroughly combine the mixture with the potato-onion mixture. Turn all into the prepared gratin dish & arrange evenly. Sprinkle with grated cheese. Bake until bubbly & lightly browned on top, approx: 30 minutes. Let cool slightly before serving.*

**DID YOU KNOW?** White potatoes originated in South America and were introduced to Europe in the 16<sup>th</sup> century. They are one of the most nutritious vegetables, containing more of the essential amino acids than whole wheat. They contain iron, magnesium and calcium, and are high in fiber (provided you eat the skin!), Vitamin C and the B vitamins. They are also low in sodium and are fat-free. North Americans consume approximately 125 pounds of potatoes per person annually with the U.S. producing 35 billion pounds per year.



To make wonderful potato chips, cut potatoes in half crosswise, exposing two flat surfaces. Use a vegetable peeler to cut paper-thin slices. Spray a light coating of vegetable oil and arrange in a single layer on a baking sheet. Bake at 450 F for approx: 10-12 minutes or until they are a light golden-brown. Place the cooked chips in a brown paper bag with a small amount of sea salt (1/4 tsp. per potato) and shake. This seasons them lightly and also removes some of the oil.

*Prepare to perfection & serve with pride!*

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