

Cooking With Rania

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Pot au Feu a la Minute

- 1 head Chinese cabbage, about 3 lbs
- ¼ pound slab bacon cut into ½ inch pieces
- 4 whole chicken legs, separated
- Salt and pepper to taste
- 1½ pounds beef fillet, trimmed
- 1 cup chopped onion
- 1 tablespoon minced garlic
- ½ cup dry white wine
- 1½ cups chicken broth
- 8 red waxy potatoes
- 12 baby carrots
- 2 whole cloves
- 2 whole allspice
- 1 bay leaf
- 1 tablespoon fresh chopped thyme
- Tomato and Horseradish Sauce (See recipe below)

DIRECTIONS:

Slice off and discard bottom end of the cabbage. Cut it in half lengthwise and cut each half crosswise into 2 inch pieces. Put the pieces in a 5.5 quart stewpot (I use Emile Henry) and add cold water to cover. Bring to a boil. When the water reaches a rolling boil, drain the cabbage and rinse under cold running water until well chilled. Drain well.

Put the bacon in the stewpot and cook it stirring often, until it is rendered of fat. Add the chicken legs and thighs, skin side down and sprinkle it with salt and pepper. Cook about 2 minutes. Coat the fillet of beef with salt and pepper. Add the beef to the pot and sprinkle with the onion and garlic. Cook briefly, stirring, and add the wine and the broth. Bring to a simmer and add the cabbage, potatoes, carrots, cloves and allspice, bay leaf and thyme. Cover tightly and cook 20 minutes. Uncover and continue cooking 5 minutes. Remove the bay leaf. Serve the meats and vegetables with a little of the broth and the sauce.

Tomato and Horseradish Sauce

- 1 tablespoon olive oil
- 1 tablespoon butter
- ½ cup chopped onion
- 1 teaspoon minced garlic
- 1 tablespoon red wine vinegar
- 3 cups cubed tomatoes
- Salt and pepper to taste
- 2 tablespoons bottled horseradish

DIRECTIONS:

Heat the oil and butter in a saucepan and add the onion and garlic. Cook, stirring, until the onion is wilted but not browned. Add the vinegar and stir add the tomatoes, salt and pepper. Bring to a boil and simmer about 5 minutes. Press horseradish through a sieve to discard liquid. Add the horseradish to the sauce and stir.