

Bistro Cooking ~Fresh and Simple~



Beef Fondue

To make beef fondue for 6 people for snacks, you will need 2 pounds of tender beef, but of course you can add more beef if it is to be served for a main course. The first cut of round or sirloin cut into 1-inch chunks will serve nicely. Fill a fondue or chafing dish half full of peanut oil or a combination of half cooling oil and half butter. Meat is speared on a fork or fondue stick, cooked in the oil, then dipped into one of the following sauces:

Bordelaise Sauce

Ingredients:

2 tbsp. chopped onion

4 tsp. butter

1/2 bay leaf

1/4 cup red table wine

2 tsp. cornstarch

1/2 cup undiluted canned bouillon

1 tsp. chopped parsley

Directions: Cook onion in 1 tbsp. butter until soft, but not brown. Add bay leaf and wine. Simmer until wine is reduced to about 2 tbsp. Combine cornstarch and bouillon; add to wine mixture. Cook, stirring until sauce boils and thickens slightly; strain. Heat until butter is melted. Makes about 2/3 cup sauce.

Béarnaise Sauce

Ingredients:

3 egg yolks

3/4 tsp. dried tarragon

1 tbsp. tarragon vinegar

1 tsp. lemon juice

1/4 tsp. salt

Dash cayenne pepper

1/2 cup butter

1 tbsp. chopped parsley

Directions:

Combine egg yolks, tarragon, vinegar, lemon juice, salt, and cayenne in blender jar; blend about 30 seconds. Melt butter and heat until foaming but not browned. Turn blender to high speed; slowly pour in butter and blend until well mixed. Turn off blender. Stir in mixture at once.