



JP's KITCHEN

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ENTRECÔTE BERCY, POMMES FRITES

INTRODUCTION

The word Entrecôte denotes a premium cut of beef used for steaks. Traditionally, it came from the rib such as Rib-Eye or Scotch Fillet. Originally, horse meat was used – something I once tried in Belgium and found to be delicious – but nowadays only beef is used.

Bercy sauce may be used for both fish and beef; it is a sauce of white wine reduced with shallots, emulsified with clarified butter, and enriched with blanched beef bone marrow when used for beef.

Entrecôte Bercy is a Parisian speciality and it comes more specifically, as the name indicates, from the Bercy neighbourhood in the 12th arrondissement of Paris.

Bercy is on the banks of the river Seine, where the Finance Ministry now stands, and is one of the oldest districts of Paris. It was once the biggest wine port and wine market in the world and so wine would arrive here from all over. This meal was created as a staple dish to feed the wine merchants.

In its simplest form it consists of a steak grilled with parsley and watercress and accompanied by a delicious sauce of white wine reduction with shallots and butter and enriched with bone marrow. This dish is commonly found in bistros and brasseries all over Paris and occasionally in some restaurants around the world (I've never seen it here in Australia).

The pommes frites (fried potato chips) that we shall be making will be in Pont-Neuf style for presentation (ie; thick cut, uniform size, and stacked to form a cube).

It's the perfect spring/autumn dish, a meal to honour your friends and loved ones, and a great option for dinner parties.

A prime cut of beef should be married up with a full-bodied Bourgogne of the higher appellations or a good Bordeaux; but of course, there's also nothing wrong with a good Aussie Shiraz.

I am sure you will enjoy cooking this dish, simple to cook, and of course delicious flavours to savour afterwards.

Do write to me and let me know what you think.

INGREDIENTS

Pommes Frites

4 large boiling potatoes

1½ litres of peanut oil

Salt

Entrecôte

2 rib-eye steaks, sirloins, or scotch fillets as you prefer

½ tablespoon of vegetable oil

1 tablespoon of butter

Milled salt

Milled black pepper

Sauce Bercy

180g of clarified butter

150g beef bone marrow

4 French Shallots, finely chopped

150ml dry white wine

1 tablespoon chopped flat-leaf parsley

METHOD

Prepare the pommes frites:

- Peel and cut potatoes into Pont-Neuf (2cm² x 7cm long) or Bâton (1cm² x 7cm long)
- Heat the oil in a deep frying pan to around 180 °C
- As it starts to bubble, add the potatoes in a frying basket and fry until pale straw in colour
- Remove the basket and set aside while maintaining the heat of the oil.

Prepare the entrecôte:

- Season the steaks well with salt and pepper on both sides
- Add ½ tablespoon of oil and 1 tablespoon of butter to a non-stick frying pan on high heat
- Before the butter starts to burn, add the steak and cook for 1-2 minutes on each side, then remove and keep warm in the oven at about 100 °C.



METHOD CONTINUED

Prepare the sauce Bercy

- Cut the bone marrow into 0.5cm cubes and put into a saucepan of simmering water, poach for 2-3 minutes, then drain in a sieve
- Discard the fat from the frying pan in which the steaks were fried, then add the shallots and wine, cook over a high heat, while scraping up the browned bits with a wooden spoon, until reduced to about 2 tablespoons
- Reduce the heat and start to whisk in the butter in small pieces; then move the frying pan from the heat and continue to whisk in the remaining butter to make a frothy light sauce (don't stop whisking)
- Once all melted and frothy, then add the chopped parsley and keep warm in a sauce pourer or gravy boat.

Finish the pommes frites

- Plunge the basket of potato chips back into the hot oil for a minute, until crisp and golden brown
- Drain the potatoes on paper towels, sprinkle with salt, then assemble evenly on two plates.

Finish off and serve

- Place the steaks one on each plate
- Quickly re-heat the bone marrow in the frying pan for 30 seconds
- Scatter the re-heated bone marrow over the steak
- Pour the sauce Bercy over the steaks
- Serve immediately.

BON APPETIT - I HOPE YOU ENJOY...JP