

Angelic Beef Braising with a Mushroom Sauce

Serves: ??? Depends on size of the beef and number of dishes you choose to make with the beef
Prep Time: 20 Minutes
Cook Time: 3-4 Hours

Ingredients

- Angelic pasture fed bone-in chuck roast 3 lbs or so – I suggest 3-4 lbs so you can make multiple dishes, all freeze well
- Grapeseed oil or virgin olive oil, canola oil, rice bran oil – basically, something with a smoke point for med – high heat
- Butter, unsalted
- 2 celery stalks, rough chop
- 2 medium carrots, no need to peel, just rough chop
- Half a large, sweet onion rough chopped
- 3-4 cloves of garlic rough chopped
- Sprigs of fresh thyme, enough to layer evenly on top of the rough chopped vegetables
- Sprigs of fresh parsley, enough to layer evenly on top of the rough chopped vegetables
- 2 bay leaves
- 32 ounce box of beef stock, I prefer Kitchen Basics Unsalted
- Crimini mushrooms, stems removed and sliced – one package is generally enough, can use more or less
- 1 cup or so of red wine
- 2-3 Tblspns of [kuzu](#) or another starch as a thickener – need a tablespoon for every cup of liquid
- Dried thyme
- Salt and pepper
- Baguette or French bread – Wild Rice – Quinoa – Vegetables & Potatoes– Egg Noodles & Peas (*make multiple dishes*)

Directions

Take the beef out of the fridge and let it come up to room temperature. Chop all the vegetables. Oil, Salt and pepper the chuck. Place the roast in a screaming hot pan that has sides to it as you will end up braising it on the stove top (could also use a crock pot, but sear the beef and then at least use the pan to make the pan sauce while the beef slow cooks). Sear both sides of the beef, ~ 3 or so minutes on each side.

Remove the beef from the pan, reduce the heat and add the vegetables, layer on top with the herbs and then place the beef on top of the vegetables and herbs. Now add the beef stock to cover the vegetables and most of the beef. Bring to a boil, reduce heat to a slow simmer, cover and just let it cook. It will take 3-4 hours. The bone will fall out first and the beef will almost feel like you over cooked it and tough – it is not done. Cover, be patient and let it simmer. It's ready when you can start shredding it with a fork.

When you can shred it with a fork, remove the beef from the pan and then pour the stock through a sieve to remove the vegetables. Then pour the stock into a [fat separating serving cup](#) and set aside for a minute. If you do not have a fat separating cup, just let the stock sit so that the fat rises and spoon off as much of the fat as you can.

Be sure to shred the beef when it is hot. If you refrigerate the beef without shredding, the fat will solidify and it won't shred.

Add a little butter and the mushrooms and sauté, stirring almost constantly for a couple of minutes. Pour the wine into the pan over medium heat and deglaze the pan, scraping all the yummys of the pan from cooking the beef and mushrooms. Pour a cup of the stock into a separate bowl or cup and add the rest back into pan and bring to a low simmer, reducing the sauce down.

If you are going to make the Blue Cheese Sammy's that follow, reserve about 2/3 Cup of the broth, in addition to cup you set aside.

Crush the kuzu (or other starch) and add a tablespoon for every cup of liquid (just make an estimate if you have 2-3 cups of liquid) to the reserved, cold stock that you set aside above to dissolve. Let the stock cool down before adding the thickener by putting in the freezer, submerging the cup into a bowl of ice, just let it cool enough so that the powder will dissolve rather than making lumps and then add to the pan. Stir the gravy almost constantly as it reduces and thickens.

You should need only minimal seasoning, but I add a sprinkle of dried thyme and a little salt and pepper to taste. Carve out the center of the rolls, toast them, scoop in the beef and top with the mushroom gravy OR you could serve the beef and gravy over some wild rice / quinoa, potatoes and some vegetables. Would also be good with egg noodles and peas.

Angelic Beef Sammy's with Onion Jam and Smokey Blue Cheese Mousse

Cook the beef as described above and I would definitely make the gravy to have multiple variations of the beef dish, all freeze well. Take advantage of the time investment to slow cook the beef. However, definitely make some of these sammy's – do I need to say more than Blue Cheese Mousse?

This is an adaptation of a recipe for a sandwich on the [Zest! Exciting Food Creations](#) menu in Indianapolis, Indiana as featured on [Diners, Drive-ins & Dives](#). Thanks to [The Fairy Foodmother](#) for capturing the recipe as closely as she did. For those of you who are already saying, "I don't like onions". I too do not like to eat onions, but do like the flavor they impart on things they are cooked with. In this case, this onion jam is so stewed down that you don't really taste the usual onions and with the wine reduction they are just great. The one word of caution I have is to go light on the shallots in the mousse if you are a blue cheese lover, don't let the shallots over power the blue cheese.

I've gone full fat with the mayo, sour cream and cream, why mess with a good thing. However, I have made one change due to a phenomenal blue cheese I've found at our local [Whole Foods](#) from the [Rogue Creamery in California, Smokey Blue](#). It has just a hint of smoke that just makes it over the top great.

Ingredients

- Blue cheese mousse – need about 2 hours in the fridge to set up, make it while the beef braises
- Onion jam – recipe follows – takes about 30 minutes – make it during the last half hour or so of braising the beef
- Beef stock from braising the beef
- Baguette or French Bread – scooped out, save what you scoop out for bread crumbs

Directions

Preheat the oven to 450 degrees while you assemble the sandwiches. Take foil and wrap the bread you have scooped to protect it from burning or getting too crispy, leaving the center open for the beef, onion jam and blue cheese mousse.

Add the beef, top with the red wine reduction from the onion jam OR a bit of the beef stock from cooking the beef, top with the jam and then 3 little scoops of the blue cheese mousse.

Place on a sheet tray lined with foil and place in the oven until the cheese is melted, browned and bubbly.

Blue Cheese Mousse

Prep Time: 15 Minutes

Cook Time: 12 Minutes

Inactive Time: 2 Hours

Ingredients

- 1/2 cup mayonnaise with olive oil
- 1/2 cup sour cream
- 1 shallot, finely minced (*be careful here, I suggest using only ¼ to ½ of a small-medium shallot – can be over powering*)
- 1 cup crumbled Rogue Creamery Smokey Blue Cheese – Whole Foods carries it – otherwise, just a good blue cheese
- juice of one lemon
- one package of plain gelatin
- Generous pinch of kosher salt
- 1 cup of heavy whipping cream

Directions

Bloom the gelatin in the juice of one lemon. Put the mayo, sour cream, shallot, blue cheese, lemon juice, gelatin and salt into a food processor. Pulse gently until fully combined, you should still see chunks of blue cheese.

Whip the whipping cream until thick then fold in the cheese mixture and then chill for a couple of hours to allow it to set up.

Onion Jam

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Ingredients

- Unsalted butter
- Grapeseed oil or Extra Virgin Olive Oil
- One or Two sweet onions sliced as rings
- Salt and pepper
- Red Wine

Directions

Melt the butter (about tablespoon or so) with the oil. Add the onions, salt and pepper and cook down over medium heat. Don't burn them, just brown them stirring them constantly – about a half hour or so.

Once the onions are done, don't waste the yummys in the pan. Add about half a cup of red wine, scraping the pan over medium heat reducing the wine in half. Add to the onions.

Girls, this Sammy with Blue Cheese Mousse will Make You the Envy of the Next Tailgate!