

# Julia Child

## October 2009

Menu:  
Leek and Potato Soup  
Coq Au Vin  
Brussels Sprouts Braised in Butter  
Chocolate Soufflé

## **Leek and Potato Soup**

**makes 6 servings**

3 cups potatoes , peeled and sliced

3 cups leeks, sliced, white parts only

salt to taste

1 cup whipping cream

2-3 tbsp chives, for garnish

### **\*\*\* Preparation \*\*\*\***

Combine the potatoes and leeks in a pot and cover with water. Cook for about 30 minutes or until fork-tender. Drain.

While vegetables are still warm, pass through a food mill.

Stir cream into the milled vegetables. Season with salt and pepper.

Serve hot or cold, garnished with chives.

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## **Coq Au Vin (Chicken in Red Wine with Onions, Mushrooms, and Bacon)**

**Makes 4 to 6 servings**

### **For the Coq Au Vin**

3-4 oz bacon, cut into lardons  
2 tbsp butter  
6 chicken thighs  
1/4 cup cognac  
3 cups red wine  
1-2 cups chicken stock  
1/2 tbsp tomato paste  
2 garlic cloves, mashed  
1/4 tsp thyme  
1 bay leaves  
3 tbsp flour  
2 tbsp butter, softened  
chopped fresh parsley, for garnish  
salt and pepper

### **For the Onions**

1 lb pearl onions, soaked in hot water and peeled  
1 1/2 tbsp butter  
1 1/2 tbsp olive oil  
1/2 cup beef stock  
1 herb bouquet, 4 parsley sprigs, 1/2 bay leaf, 1/4 tsp thyme tied in cheesecloth

### **For the Mushrooms**

2 tbsp butter  
1 tbsp olive oil  
1/2 lb mushrooms, left whole if small, sliced or quartered if large

### **\*\*\* Preparation \*\*\*\***

#### **For the Coq Au Vin**

In a Dutch oven, saute the bacon over medium heat in hot butter until lightly browned. Remove to a side dish.

Dry the chicken thoroughly. Brown in the hot fat. Season the chicken with salt and pepper. Return the bacon to the pan with the chicken.

Remove from the heat and add the cognac. Use a long lighter to ignite the cognac. Place back over a medium flame and stir until flames have died. Pour the wine in the pan. Add just enough stock to cover the chicken. Stir in the tomato

paste, garlic and herbs. Bring to a simmer. Cover and simmer slowly for 25-30 minutes, or until the chicken is tender and its juices run clear. Remove the chicken to a side dish.

Simmer the chicken cooking liquid in the pan for a minute or two, skimming off fat as needed. Raise the heat and boil the liquid for about 10 minutes until it is reduced by half. Taste and add more salt and pepper as needed. Remove from heat and discard the bay leaf. Blend the butter and flour together into a smooth paste. Beat the paste into the hot liquid with a whisk. Bring to a simmer, stirring, for a minute or two. The sauce should be thick enough to coat a spoon lightly.

**For the Onions:**

Combine the butter and oil in a saute pan. When bubbling, add the onions and saute over moderate heat for about 10 minutes, rolling the onions about so they will brown as evenly as possible. Pour in the liquid and add the herb bouquet. Cover and simmer slowly for 30 minutes until the onions are tender but retain their shape, and the liquid has evaporated. Remove herb bouquet. Season with salt and pepper.

**For the Mushrooms:**

Place a skillet over high heat with the butter and oil. When hot, add the mushrooms. Toss and shake the pan for 4-5 minutes. As soon as they have browned lightly, remove from heat and season with salt and pepper.

To serve, plate the chicken surrounded by the onions and mushrooms and top with the chicken sauce and parsley. Serve with slices of crusty bread or with mashed potatoes.

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## **Brussels Sprouts Braised in Butter**

### **makes 6 servings**

6 cups brussel sprouts, trimmed

salt and pepper, to taste

2 - 4 tbsp melted butter

### **\*\*\* Preparation \*\*\*\***

Bring a large pot of water to a rolling boil. Add a small handful of salt. Add the brussels sprouts and cook for about 1 minute until bright green. Strain into a bowl of ice water to cool.

Preheat oven to 350 degrees.

Arrange the blanched Brussels sprouts in a single layer in a large oven-safe skillet. Sprinkle lightly with salt and pepper, and pour over the melted butter.

Lay a piece of parchment paper over the Brussels sprouts. Cover and heat on top of the stove until vegetables begin to sizzle, then place in middle level of preheated oven. Bake for about 20 minutes, or until the sprouts are tender and well impregnated with butter. Serve as soon as possible.

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## Chocolate Souffle

**makes 6 to 8 servings**

7 oz semi-sweet chocolate, chopped  
1/3 cup strong coffee  
1/2 tbsp butter  
1/3 cup all-purpose flour  
2 cups milk  
3 tbsp butter  
4 egg yolks  
1 tbsp vanilla extract  
6 egg whites, (3/4 cup)  
1/8 tsp salt  
1/2 cup sugar  
powdered sugar, for dusting

### \*\*\* Preparation \*\*\*\*

Preheat oven to 425 degrees.

Place the chocolate and coffee in a bowl nestled over a pot of simmering water -- be sure the bowl does not touch the water. Cook for 5 minutes or until chocolate is melted. Stir to combine, remove from the pot and set aside to cool slightly.

Smear the inside of a 2-2 1/4-quart souffle dish (or 9 1-cup individual dishes) with butter. Sprinkle liberally with sugar. Set aside.

Measure the flour into a saucepan. Slowly whisk in the milk to make a smooth cream. Add the butter, and stir over moderate heat until boiling. Boil, stirring, for 2 minutes. Remove from heat and pour into a large bowl and whisk for 1 minute to cool slightly.

In a separate small bowl, whisk the egg yolks with a small amount of the hot milk liquid. Add the egg mixture to the milk mixture, whisking. Add the smoothly melted chocolate and the vanilla.

In another large bowl, beat the egg whites and salt until soft peaks are formed. Sprinkle in the sugar slowly and continue until stiff shining peaks are formed. Fold about 1/3 of the egg whites into the chocolate mixture. Add the rest of the whites and fold until mixture is combined -- stop when there are a few white streaks left.

Pour the batter into the prepared dishes. Place into the preheated oven. Turn thermostat down to 375 degrees.

Bake for about 30 minutes (or 15 for small dishes) for a soft-centered souffle or about 40 minutes (or about 20 for small dishes) for a firmer souffle.

Serve immediately.

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