



Vol au Vents

AROUND THE WORLD



FRANCE - Vol au Vent with Beef Bourguignon



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RECIPE

Ingredients

Vol au Vent (de Boer Food R00100)

Beef Bourguignon Filling, see recipe

Amounts

1 each

6 oz (vol.)

Preparation Method:

- Place warm Vol au Vent shell in center of plate.
- Push down center of shell to increase depth.
- Fill shell with Beef Bourguignon Filling.
- Garnish as desired.
- Serve immediately.

RELATED RECIPE - Beef Bourguignon

Ingredients

Olive Oil

Beef, Chuck, cubed

Beef Stock

Garlic, chopped

Red Wine

Thyme Leaves, whole

Black Pepper, ground

Tomato Paste

Pearl Onions

Mushrooms, domestic, quartered

Beef Base

Amounts

3 oz (vol.)

3 Lb (wt.)

3 cups (vol.)

2 oz (vol.)

1 pint (vol.)

1 Tbsp

1 Tbsp

4 oz (vol.)

1 Lb (wt.)

1 Lb (wt.)

2 Tbsp

Preparation Method:

- Heat 2 oz. of oil in sauce pan. Add beef and sauté until beef is seared on all sides.
- Add garlic. Cook for 1-2 minutes.
- Add wine and stock to deglaze pan. Reduce to simmer. Add thyme leaves and black pepper. Cover.
- Simmer for 1-2 hours until meat is beginning to be tender.
- Add tomato paste. Continue to simmer.
- Heat remaining 1 oz of oil to sauté pan. Add onions. Sauté until onions begin to brown.
- Add mushrooms. Sauté until mushrooms are cooked.
- Remove cover from beef. Add mushrooms and onions.
- Add beef base and simmer until sauce thickens.
- Adjust seasoning if necessary. Hold warm until ready to use.



Dinner Vol au Vent/Bouchée 4"
R00100 - 48 pcs/case