

# Recettes au Japon

## Boeuf Bourguignon



## Ingredients (5 persons)

- 1 kg of beef to simmer (for slow cooks). A mix of shank and chuck is good.
- 200 g of bacon.
- 2 liters of red wine.
- 3 big carrots.
- 4 big onions.
- 150 g of butter.
- One big spoon of oil (olive oil is better).
- One spoon of flour.
- 200g of white "Paris" mushrooms.
- Laurier and thym. A bouquet garni is even better.
- Salt and pepper.

## Steps

1. Prepare the marinade 24 hours in advance.
  1. Cut the beef in 3cm cubes into a jar.
  2. Cut and add 2 onions and all carrots.
  3. Peel and cut mushrooms.
  4. Add the wine salt, pepper and herbs (bouquet gani).
2. Add a spoon of oil.
  1. Mix, cover and put in the refrigerator for the night.
3. First (fast) cook in the morning.
  1. Cut the 2 other onions in small pieces ⓘ

2. Take a big pan (such as LeCreuset ones) big enough for all the ingredients.
  3. Melt half of the butter in it.
  4. Add onions and wait from them to be cooked (became a bit transparent and light brown). Mix often to avoid burn.
  5. Save onion in another jar.
  6. Cut bacon in rectangular shape and cook in the same pan. Mix often, this is faster than onion to cook.
  7. Save cooked bacon with onions.
  8. Separate beef from the rest of marinade. Take only the beef and fry it in the remaining butter in the pan. Add butter when necessary, and cook it in several times if too much. Beef must become brown.
4. Slow cook.
1. Add all into the pan with the beef. Slow cook, very small boiling, during at least 3 hours. You can stop and restart cook several times. it gets better each time.
  2. Half of the liquid must go.
  3. At the end, add 5 squares of chocolate and a spoon of flour to make the sauce thicker.
5. Make sure that it is hot before eating. You can serve with mashed potatoes or pastas (tagliatelles) and red wine obviously.

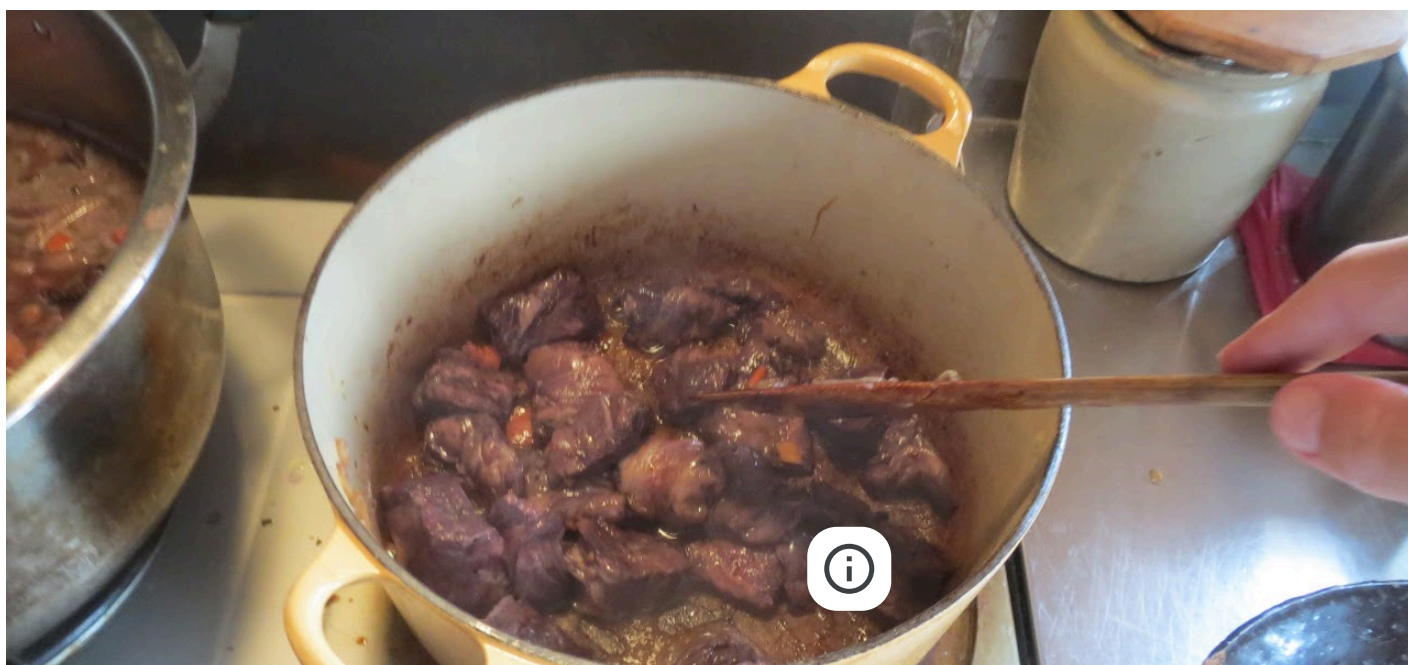




Beef name



Cooking bacon (after cooking onions)





Fast cooking of beef in butter



The marinade



Beef extracted from marinade



Cook is finished





## "Moelleux" - Chocolate cake

### Ingredients (5 persons)

- 200 g of black chocolate
- 125 g of butter
- 3 eggs
- 150 g of sugar
- 80 g of flour

### Steps

1. Melt chocolate and butter in a pan.
2. Put it in a bowl. Add sugar, flour and eggs. Mix.
3. Cook in oven between 15 and 20 minutes at 180 degrees C.
4. Try to not overcook, it should stay a bit wet inside. Use a knife to test.

## "Crepes" - Pancakes

### Ingredients (15 pancakes)

- 4 eggs
- 350 g of white flour
- 3 spoons of white sugar
- 2 spoons of oil
- a bit of butter



- a bit of salt



## Steps

1. Put flour in a jar, add eggs, sugar, salt and oil
2. Mix vigorously adding slowly the milk until you get a thick liquid paste
3. Put a bit of oil or butter in a pan with slow fire
4. Put some in a pan to get 2 mm thick
5. Once cooked on one side, return carefully
6. Repeat until no more paste
7. Put sugar or honey or chocolate or anything on the crepes.