

# TRB

The Rock Barn  
Field - to - Fork

## braised pork “bourguignon” with brussels sprouts and garlic mashed potatoes

### from the rock barn

1 pork sirloin, cut into 1-1/2 inch cubes  
½ pound bacon, sliced into lardons

### into the braise

1 onion, halved, root attached  
2 garlic cloves, peeled, smashed  
2 carrots, peeled, cut into chunks  
1 cup Cognac (optional... or substitute some Virginia ‘shine)  
½ bottle dry full-bodied red wine  
2 cups beef stock  
1 Tbl. tomato paste  
1/2 tsp. dried thyme (a pinch... or if you have fresh, use a full teaspoon)

### finishing touches

1 onion, chopped  
2 garlic cloves, slivered  
1 pound fresh mushrooms, stems discarded, caps sliced (I like oyster, but use your favorite)  
1 bag frozen pearl onions  
A handful of cornichons, to garnish

### potatoes and sprouts

3 russet potatoes, peeled and coarsely chopped  
2 cloves garlic, peeled, whole  
¼ cup heavy cream, gently warmed  
1 pound Brussels sprouts, halved

### kitchen staples

High-temperature oil for searing, like canola or peanut  
Nice olive oil for flavor  
Kosher salt and fresh black pepper  
8 Tbl. butter at room temperature, divided (1 whole stick)  
2 Tbl. all-purpose flour

**This recipe may look long and complicated, but it’s actually simple, straightforward, and delicious in the deep, warm way that only cold weather food can be.**

**Beef Bourguignon is about as traditional a French *cuisine bourgeoise* as you can get. This porky riff on what’s normally a beef dish is meant to be shared with friends and family-- it’ll warm hearts and bellies on even the coldest night.**

**Braise the pork up to three days in advance, then cook the vegetables when you’re ready to serve.**

**Serves four, with leftovers.**

## method

**sear the pork, sauté the lardons.** Heat a slick of oil in a large Dutch oven over medium-high heat. Dry the cubed pork with paper towels and then sprinkle them with salt and pepper. Working in batches, sear the pork in hot oil for 3-5 minutes, turning occasionally to brown on all sides. Remove the seared cubes to a plate lined with paper towels and set aside. Drain any excess oil out of the pan. Reduce the heat to medium and add the bacon lardons. Cook, stirring occasionally, until browned. With a slotted spoon, transfer the bacon to second plate lined with paper towels and set aside. Drain the bacon fat and reserve.

**prepare the braising liquid.** Combine the halved onion, the smashed garlic, and the chunked carrot in the Dutch oven. Sit the pork on top of the vegetables. Add the Cognac, if you’re using it, then the wine, and then top up with beef stock until the meat is almost covered. Stir in the tomato paste and thyme. Bring up to a simmer, partially cover, reduce heat to low, and braise for about an hour and a half, until the pork is very tender. Check on the braising liquid every thirty minutes – if it seems too thick or is starting to burn, add more stock or cover the pot entirely.

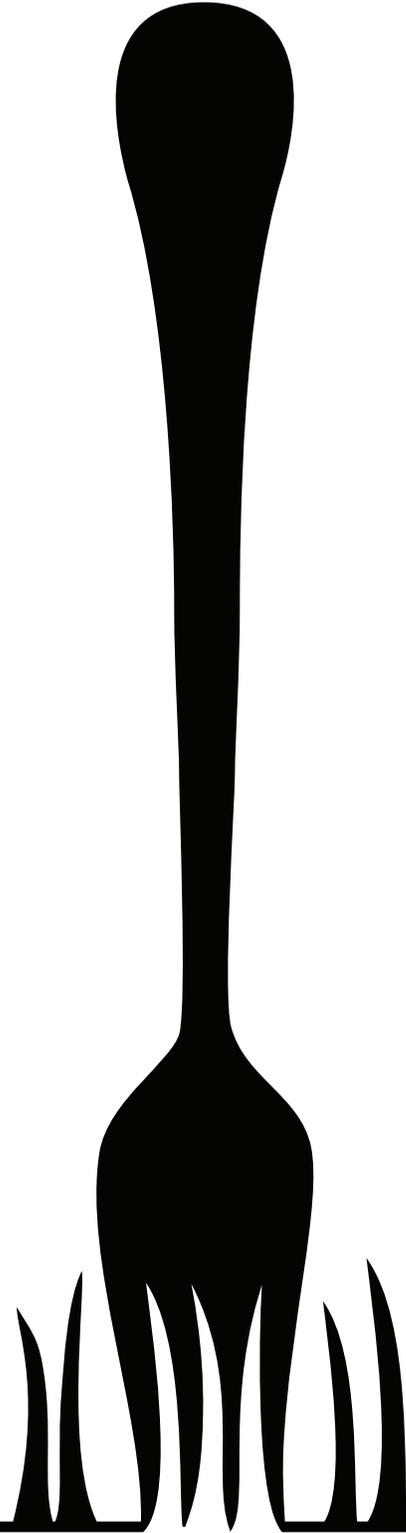
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### method, continued



**strain, add mushrooms.** With a slotted spoon, remove the pork from the braising pot and set aside. Pass the contents of the pot through a strainer into a bowl, separating the goopy solids from the rich, tasty liquid. Discard the solid aromatics (compost!) and set the liquid aside.

Heat two tablespoons of butter and a slick of bacon fat in the empty Dutch oven. Add the chopped onion and the garlic and sauté until the onion is soft and translucent. Add the mushrooms and cook, stirring occasionally, until they shed their liquid and begin to brown (about 10 minutes). Return the reserved braising liquid and the pork to the pot, and add the bag of frozen onions, stirring to combine. This dish made up to three days ahead, refrigerated, and then reheated before finishing with the *beurre manié* below.

**mash the potatoes.** Combine the chopped potatoes and the whole garlic in a medium saucepan and cover with well-salted water. Bring to a boil and cook until tender, about 15 minutes. Drain the vegetables and return to the saucepan. Add two tablespoons of butter and mash with a potato masher or the back of a fork until blended. Slowly mix in the warm cream until the potatoes are the desired consistency. Season with salt and pepper, cover, and hold in a warm place.

**blanch the brussels sprouts.** Bring a medium saucepan of well-salted water to a boil. Add the Brussels sprouts, return to a boil, and then reduce the heat. Simmer the sprouts until they're barely tender in the center, about 3-5 minutes. Drain the sprouts well, and toss them in a bowl with two tablespoons of butter. Season with salt and pepper, cover, and hold in a warm place.

**thicken and season.** Bring the almost-finished “Bourguignon” back up to a simmer over medium heat. Combine the remaining 2 tablespoons of butter and the flour with a fork – the French call this *beurre manié*, “kneaded butter” – and stir into the stew. Simmer for 15 minutes to allow the dish to thicken, and then taste and season with salt. If you’d like, add a dash more Cognac (or your booze of choice) right before serving for a little extra punch.

**plate and serve.** To serve, spoon a quantity of mashed potatoes into the center of four shallow bowls. Ladle the stew over the top of the potatoes in one half of the bowl, and spoon the Brussels over the other half. Sprinkle with the bacon lardons, garnish with cornichons, and enjoy with a deep, full-flavored French red.