CHEF THOMAS KELLER

TEACHES COOKING TECHNIQUES II: MEATS, STOCKS, AND SAUCES

INTRODUCTION

"For me, the most important thing about cooking with any protein is making sure that we understand where our proteins come from. . .Being able to support those farmers, fisherman, gardeners, and foragers is something we truly need to embrace as a responsibility."

CHAPTER REVIEW

As a follow-up to Chef Keller's first MasterClass, which focused on vegetables, eggs, and pasta, this class is devoted to meat proteins—specifically, beef, duck, chicken, pork, and veal—and the techniques Chef Keller uses to prepare them. Sourcing ingredients is critical, so start with the finest quality meat and poultry available to you. You might spend a little extra on them, but, with proper execution, you'll get more delicious and nutritious results. Some of the recipes and techniques may be challenging at first, but nothing in this class is beyond your reach.

Throughout this class, Chef Keller refers to techniques he taught in his first MasterClass. We've included cooking methods from the first class in this workbook, but also recommend that you review the video lessons from his first MasterClass. In the kitchen, there is no such thing as being too prepared. So take your time. Be patient and persistent. Practice, practice, practice. And above all, have fun.

ABOUT THIS WORKBOOK

The MasterClass team has created this workbook as a supplement to Chef Keller's class. Each chapter is supported by a review of the key concepts Chef Keller teaches, and detailed recipes that correspond to Chef Keller's cooking demonstrations. Additionally, you can refer to the timelines after each chapter review for a quick overview of the order of operations for that preparation. In the video lessons, Chef Keller prepares a protein and often serves it with an accompaniment. We've structured this workbook to match—you'll find the technique for the protein first, and the accompaniments follow. Chef Keller encourages you throughout the class to cook according to your tastes, so do not feel bound by the accompaniments he offers.

INTRODUCTION

THE IMPORTANCE OF MISE EN PLACE

"Mise en place" means that you have everything in place prior to preparing a recipe. Chef Keller always has his tools, essential ingredients, and any necessary prepped components at the ready prior to initiating the recipe. As such, we've included a mise en place sidebar in each cooking chapter, which lists the ingredients and equipment you need in your work space to practice the technique you see on screen. For most recipes in this class, we recommend that you always include a cutting board, chef's knife, and bain-marie with spoons in your mise en place.

For Chef Keller, mise en place is about more than setting up your cooking space according to a checklist. It's a reflection of his core philosophies as a chef. Preparation is essential to success in the kitchen. Being prepared before you begin a recipe allows you to have space to learn as you cook. It allows you to handle the unexpected.

A NOTE ON YIELD, QUANTITIES, AND COOK TIMES

You'll notice that most mise en place and cooking methods do not specify a yield or offer prescriptive direction regarding quantities of ingredients. Exact quantities are only given when ratios of ingredients are of essential importance. Otherwise, Chef Keller encourages you to follow your own preferences for texture and flavor to create versions of these dishes that you and those you cook for will love. Regarding cooking times, Chef Keller emphasizes that time depends on the temperature of the meat going in and the thickness of the meat—both can have a profound effect on cooking times. To be certain about doneness, use a meat thermometer.

GETTING STARTED: MEAT CUTS AND QUALITY

Chef Thomas Keller / Chapter Two

MASTERCLASS

GETTING STARTED: MEAT CUTS AND QUALITY

"Get to have conversations with [your butcher] about different qualities of beef, duck, chicken, and pork. You'll be able to really understand better what's available for you."

CHAPTER REVIEW

The better acquainted you are with meat, the more successful you'll be cooking it. Here Chef Keller introduces a variety of cuts and grades of beef, pork, and poultry while describing the characteristics that define them. Fat is flavor, so the more marbled the cut, the more flavorful—and more expensive—it tends to be. This is often reflected in the grade. Chef Keller underscores this point by showing the difference between choice sirloin and prime strip loin. Where choice strip loin is relatively lean, prime strip loin is generously marbled, albeit less so than an A-5 wagyu ribeye from Japan, one of the most richly marbled cuts of all.

Aging and air-drying are two common techniques that influence the flavor and texture of meat. Air-drying poultry, for instance, removes moisture from the skin so that it crisps more readily during cooking, where aging beef intensifies its flavors. There are two kinds of aging: wet and dry. Wet-aging involves cryovacking meat to seal in moisture; dry aging allows for evaporation. Beef can be aged for different periods of time. Chef Keller's sweet spot is 30 to 60 days, though he also enjoys beef that has been dry-aged for as long as 120 days, achieving a flavor so intense that Chef Keller finds it almost funky.

Just as Chef Keller's work at The French Laundry has inspired chefs and restaurateurs around the world, it has also influenced farmers and purveyors. Chef Keller persuaded the purveyor that supplies him with his beef to remove the deckle—a fatty, flavorful strip of muscle that Chef Keller loves—from the prime rib and sell it to him separately. It took some convincing, but the farm eventually obliged. Chef Keller's close relationships with farmers and purveyors have enhanced his work as a chef. He encourages you to cultivate such relationships. He also urges you to get know the people who work in your local grocery stores and markets. They'll give you a better understanding of the products available to you, and can even help you track down something special when the time requires.

GETTING STARTED: MEAT CUTS AND QUALITY

LEARN MORE

A visit to a butcher shop can be daunting. So many meats. So many cuts. And then there's the butcher him or herself, looming behind the counter, very often in a bloody apron, holding a knife. Take a deep breath. Don't be intimidated. The only serious mistake you can make at a butcher shop is to keep quiet. Ask questions. Ask about the pedigree or freshness of the meat, and don't shy away from seeking out recommendations. Keep an open mind. Your butcher might turn you on to a delicious cut of meat you've never tried or even heard of before. Many butchers don't just work with meat at their shops; they work with it in their home kitchens, so feel free to ask for cooking tips and recipe suggestions. A butcher's main job, of course, is to butcher, which means you also shouldn't hesitate to ask him or her to truss, tie, debone, or trim your meat. Those services might seem like 'extras,' but they shouldn't come at any additional cost. If you feel that your butcher has provided you with exceptional service, don't hesitate to leave a tip. It's not required, but it's appreciated.

SAUTÉ: CHICKEN PAILLARD

Chef Thomas Keller / Chapter Three

MASTERCLASS

SAUTÉ: CHICKEN PAILLARD

"[Paillard] is great for a lunch, a light dinner. It will take all of five to six minutes to sauté."

CHAPTER REVIEW

Paillard is a French term for a boneless piece of meat that has been pounded thin or butterflied. Pounding the meat has the dual benefit of tenderizing the meat and creating a thinner cut that cooks faster with less moisture loss. Traditionally, a paillard is made with chicken or veal. But beef, pork, and certain fillets of fish, such as monkfish tail, work wonderfully as well.

In this recipe for chicken paillard, Chef Keller uses the flat side of a meat mallet to pound boneless, skinless chicken breasts to uniform thinness. It's not necessary to pound forcefully—a gentle, repeated tapping motion will do. To properly season the meat, shower it from high up with kosher salt. Laythe chicken in the pan working away from you—this will protect you from getting splattered with hot oil.

For sautéing, Chef Keller stresses the importance of high-quality cookware that conducts heat evenly and recovers its heat quickly. If your pan is large enough, you may be able to cook more than one paillard at a time. Chef Keller recommends sautéing with vegetable oil, not olive oil, because vegetable oil has a higher smoke point. Here he cooks with canola oil and uses olive oil as finishing condiment. Chicken paillard is a versatile dish, great in a range of preparations as lunch or as a light supper. Chef Keller serves it here with sauce vierge and a simple arugula salad, garnished with pickled red onion and marcona almonds. (For a demonstration on how to make sauce vierge, see Chapter 19: Vinaigrette.)

PREP & COOK TIMELINE

Bring chicken to temp — Pound chicken breast — Sauté chicken breast — Drain, plate, and serve

SAUTÉ: CHICKEN PAILLARD

PROTEIN

Mise en place

If preparing larger quantities, prepare in subsequent batches or use multiple pans to avoid overcrowding. If you're working in batches, keep the oven on 150°F to keep the chicken warm as you work.

Ingredients

1 boneless, skinless chicken breast, about 5 ounces (for a single serving)
Canola oil
Kosher salt

Equipment

Cutting board lined with plastic wrap
Mallet (smooth side)
12-inch sauté pan

METHOD

Lay the chicken breast on a large sheet of plastic wrap and fold the plastic wrap over the meat. Pound it out to an even thickness using the smooth side of a meat mallet.

Season both sides with salt. Pour canola oil into a sauté pan, using enough so that the layer of oil is about ⅛-inch deep. Heat the pan over high heat.

When the oil is shimmering and gives off the first faint wisp of smoke, lay the chicken into the pan, working away from you to reduce splattering. Give it a good shake so it doesn't stick to the bottom of the pan. Turn down the heat to medium-high—enough heat to maintain the cooking action but to prevent burning. Cook until the underside is browned, about 3 minutes. Flip and cook until the chicken is cooked through and the second side is browned, about 5 or 6 minutes total. To accelerate the cooking process, you can spoon hot oil over the chicken as it sautés. When the chicken has just a slight resistance to the touch, it is done.

To plate and serve as Chef Keller does, follow the additional recipes below.

SAUTÉ: CHICKEN PAILLARD

ACCOMPANIMENTS

FOR THE PICKLED RED ONIONS:

Mise en place

Ingredients

Water
Sugar
White wine vinegar (or vinegar of your choice)
Red onions, sliced

Equipment

Saucepot
Canning jar

METHOD

Put the sliced red onions into a canning jar.

Use a ratio of 2:1:1—2 parts water, 1 part sugar, and 1 part vinegar. Adjust the amount of pickling liquid to match the size of the batch of pickled onions you want to make. If you are unfamiliar with ratios, 2 cups water, 1 cup sugar, and 1 cup vinegar in a 16-ounce canning jar is a good place to start. How many onions you use will depend on their size. Combine the water, sugar, and vinegar into a saucepot and bring to a simmer. Once all of the sugar has dissolved into the liquid, pour the hot pickling liquid over the red onions to submerge them and seal the jar. Store in the refrigerator.

Note: Chef Keller demonstrates how to pickle in Chapter 12: Pickling of his first MasterClass.

FOR THE ARUGULA SALAD:

Mise en place

Ingredients

Arugula
Olive oil
Kosher salt
Pickled red onions (recipe above)
Marcona almonds
Balsamic vinegar

Equipment

Mixing bowl
Salad tongs

METHOD

Lightly dress the arugula with oil olive, using just enough that the leaves take on a light sheen, and toss. Sprinkle with salt. The oil will help the salt cling to the arugula. Garnish with almonds and pickled red onions and toss with balsamic vinegar.

SAUTÉ: CHICKEN PAILLARD

FOR THE SAUCE VIERGE:
Mise en place

Ingredients

Tomatoes, peeled, cored, and diced
1 shallot, minced
Olive oil
Maldon salt
Balsamic vinegar
(or a vinegar of your preference)
Lemon

Equipment

Mixing bowl
Spoon

METHOD

Place tomatoes and shallots in mizing bowl and coat with olive oil, using enough to soak the tomatoes. Sprinkle with Maldon salt. Add a drop of balsamic vinegar and a squeeze of lemon juice. Mix gently.

SAUTÉ: CHICKEN PAILLARD

LEARN MORE

- Chef Keller prefers to work with kosher salt, which is not iodized. He finds iodized salt to have a bitter taste. Additionally, he finds the flake size of kosher salt, which is larger than the size of table salt flake, to be easier to handle and apply with precision. (Chef Keller recommends that you always avoid iodized table salt.) When shopping for kosher salt, look for the larger, diamond crystals and lighter, fluffier salt flakes rather than the dense or heavy kind. While Chef Keller uses kosher salt for seasoning throughout the cooking process, he prefers the flaky crunch and light clean flavor of Maldon sea salt for finishing. Fleur de sel has a similar flavor and texture but is higher in moisture. Sel gris has more minerality which pairs well with red meats, so you'll see him finishing most dishes in this class with it.

- Before cooking with any oil, it's good to know its smoke point. The smoke point refers to the temperature at which an oil stops shimmering and starts, yes, smoking. Smoking oil isn't always a problem; there are times when it's inevitable, such as when you're stir-frying in an extremely hot wok. But smoke can be a sign that the oil is breaking down. And when oils break down, they can release chemicals that give food an undesirable burnt or bitter flavor. Familiarize yourself with oils and their smoke points in the chart on the following page.

- Paillard is a technique that can be applied to other proteins, such as monkfish, beef, and pork. The technique for pounding and cooking doesn't change. Choose other proteins with tender cuts like beef tenderloin and pork loin—a tough brisket or short rib will never break down through pounding. Try sautéing with different fats like clarified butter instead of oil for monkfish. The wiener schnitzel in the following chapter also follows the same technique as chicken paillard.

SAUTÉ: CHICKEN PAILLARD

OIL SMOKE POINT CHART

Type of Fat	*Smoke Point*		*Neutral?*
Safflower Oil	510°F	256°C	Yes
Rice Bran Oil	490°F	260°C	Yes
Light/Refined Olive Oil	465°F	240°C	Yes
Olive Pomace Oil	460°F	238°C	Yes
Soybean Oil	450°F	230°C	Yes
Peanut Oil	450°F	230°C	Yes
Clarified Butter	450°F	230°C	No
Corn Oil	450°F	230°C	Yes
Sunflower Oil	440°F	225°C	Yes
Vegetable Oil	400-450°F	205-230°C	Yes
Beef Tallow	400°F	205°C	No
Canola Oil	400°F	205°C	Yes
Grapeseed Oil	390°F	195°C	Yes
Pork Lard	370°F	185°C	No
Avocado Oil	375-400°F	190-205°C	No
Chicken Fat (Schmaltz)	375°F	190°C	No
Duck Fat	375°F	190°C	No
Vegetable Shortening	360°F	180°C	Yes
Sesame Oil	350-410°F	175-210°C	No
Butter	350°F	175°C	No
Coconut Oil	350°F	175°C	No
Extra Virgin Olive Oil	325-375°F	165-190°C	No

SAUTÉ: WIENER SCHNITZEL

Chef Thomas Keller / Chapter Four

MASTERCLASS

SAUTÉ: WIENER SCHNITZEL

"We want to have the breading separate a little bit from the veal—that's the sign of a well-prepared wiener schnitzel."

CHAPTER REVIEW

Chef Keller has fond memories from early in his career, when he worked at the the Clarke Cooke House, in Newport, Rhode Island, in a job that often required him to turn out copious quantities of thin, breaded, pan-fried veal cutlets, or wiener schnitzel. The work taught him an important lesson: when pounding cutlets, always cover the meat and the areas around it, the better to keep your kitchen clean.

Instead of buying pre-sliced meat, Chef Keller recommends slicing the veal yourself. It's better to cut thicker slices and pound them thin rather than cutting thin slices, as pounding tenderizes the meat. Because pounding veal for wiener schnitzel calls for a more forceful motion than pounding chicken breast for chicken paillard, Chef Keller puts the meat inside a sturdy, sealable kitchen bag rather than between layers of plastic wrap. From there, it's a matter of dusting the cutlets in flour, dipping them in an egg wash, dredging them in breadcrumbs, and sautéing them. While making your own breadcrumbs is an option, high-quality breadcrumbs are readily available in stores. Look for breadcrumbs that don't contain any added sugar or flavor. You can also use panko, but pulse it in a food processor to a fine crumb for this application because it is so flaky.

In addition to these core steps, Chef Keller offers you a few tricks of the trade. Seasoning the meat directly with salt pulls moisture from the surface, which means you'll get a thick and heavy coating of flour, so Chef Keller recommends you season the egg wash instead—and season it generously. And spritz the meat with water to help create an airy layer of separation between the meat and its crispy breadcrumb coating—the marke of a true schnitzel.

Different culinary traditions have given rise to different kinds of schnitzels, but Chef Keller's focus here is on wiener schnitzel, with a classic garnish of parsley and lemon, a preparation that he hopes will make his Austrian friends—and his former colleagues from the Clarke Cook House—proud.

PREP & COOK TIMELINE

- Bring veal to temperature
  Prep bowls for coating
- Pound veal
- Make egg wash
- Coat veal with flour, egg wash, breadcrumbs
- Sauté veal
- Drain, plate, and serve

SAUTÉ: WIENER SCHNITZEL

PROTEIN

Mise en place

Like the chicken paillard, if preparing larger quantities, prepare in subsequent batches or use multiple pans to avoid overcrowding—one schnitzel per pan. If you're working in batches, keep warm in oven on a wire rack so you don't lose the crispiness.

Ingredients

2 pounds trimmed veal top round, cut across the grain into 12 ½-inch thick slices (5-6 ounce slice of veal per person)
All-purpose flour
Breadcrumbs
3 eggs broken into a bowl, but not beaten (2 to 3 eggs is enough for most applications, enough for a ¼-inch layer at the bottom of a wide-bottom dish)
Water
Kosher salt
Canola oil
Lemon wedges
Parsley

Equipment

Cutting board lined with plastic wrap
Mallet (smooth side)
12-inch sauté pan

METHOD

Place a piece of veal in a large food-grade plastic bag and pound with the spiked side of a meat mallet until it reaches a uniform thickness of about ¼-inch. Transfer to a plate and repeat with the remaining veal. The cutlets can be wrapped and refrigerated for up to 12 hours.

Set up a breading station with three bowls. Put about ½-inch of flour in a shallow bowl wide enough to hold the cutlets. Lightly beat the eggs in a second bowl. Add water to dilute the egg wash—the egg wash should have the viscosity of cream, and season it generously with salt. Spread half an inch of breadcrumbs in the third. If you use panko, first pulse in a food processor until finely ground.

Heat the oil in the pan over high heat until it begins to shimmer. You can adjust heat as needed once you begin cooking.

Dredge the cutlets, working one at a time. First, spray the cutlet with water. Dip both sides of the cutlet in the flour, patting off any excess. Then dip both sides into the eggs, letting any excess drip back into the bowl. Finally, coat both sides with breadcrumbs.

Add the dredged cutlet to the hot oil and cook for about 1 minute on each side, until crisp and golden. Transfer to a paper towel-lined plate to rest. To plate, garnish simply with lemon and parsley.

SAUTÉ: WIENER SCHNITZEL

LEARN MORE

- Different culinary cultures have given rise to a wide variety of schnitzels, each inviting their own garnishes and sauces. Try different recipes and combinations, and find the ones that you like best. Jägerschnitzel, for instance, is traditionally served with a mushroom sauce, as is Jägerschnitzel's American sibling, chicken-fried steak (though in the United States, the mushroom sauce is also called a hunter's sauce). Zigeunerschnitzel, meanwhile, is often accompanied by zigeuner sauce, which is made with tomatoes, bell peppers, and onions. In Denmark, a breaded pork cutlet called skinkeschnitzel often lends itself to a garnish of lemon, capers, horseradish, and anchovy. The Finnish cutlet known as floridanleike is frequently enjoyed with a fried peach and béarnaise sauce, while veal Milanese, an Italian classic, is often garnished with nothing more than a lemon wedge.

- Like beef, veal comes in a variety of cuts, not all of which call for the same cooking method. A hindsaddle of veal, for instance, makes a wonderful roast, but stick to the loin, sirloin, and round for sautéing. While many of the names of veal cuts are similar to those used for beef, veal is leaner and more delicate than beef, so it often calls for gentler treatment, with lower temperatures and longer cooking times. Read the recipe you're working with before heading to the market to ensure you buy the appropriate cut. As with other meats, seek out the freshest, highest quality veal available. The color of veal can differentiate based on the age of the animal and how it was raised. Look for non-confinement veal—sometimes redder and lighter in color than confinement-raised veal—with little marbling. Excessive marbling is a sign that the calf was overfed. One of the best ways to ensure that you're getting the best meat is to cultivate a relationship with your local purveyor. Markets that offer attentive, personalized service to their customers also tend to treat their products in the same way. Whenever possible, buy meat directly from a butcher, as opposed to pre-wrapped meat in a supermarket aisle; it's a better guarantee of freshness. There are other benefits to getting to know your butcher, who can not only cut and trim the meat to your specifications but can also tell you about how the meat was sourced and raised.

- If you want to serve this with a side dish, look for something light, bright, and refreshing with good acid like German potato and cucumber salad—a classic accompaniment to wiener schnitzel. Try the recipe below.

SAUTÉ: WIENER SCHNITZEL

WHOLE GRAIN MUSTARD VINAIGRETTE

Mise en place

Ingredients

225 grams white wine vinegar
50 grams Dijon mustard
50 grams whole grain mustard
10 grams kosher salt
550 grams canola oil

Equipment

Mixing bowl
Whisk

METHOD

Combine the vinegar, mustards, and kosher salt in a mixing bowl. Whisk well until all ingredients are combined. Slowly drizzle in the canola oil while whisking vigorously. Continue whisking until well emulsified. Store refrigerated in an airtight container until needed.

SAUTÉ: WIENER SCHNITZEL

GERMAN POTATO SALAD

Mise en place

Ingredients

600 grams Red Bliss potatoes
1000 grams Yukon Gold potatoes
400 grams whole grain mustard vinaigrette (see recipe above)
200 grams cucumbers
100 grams shallots
30 grams parsley, minced
60 grams crispy cooked bacon, chopped
1 bunch watercress
Kosher salt

Equipment

Chef's knife
Cutting board
Mandolin
Mixing bowls
Whisk
Rubber spatula
Large sauce pot
Spider or skimmer

METHOD

Slice shallots on mandolin or with a chef's knife to ⅛-inch thick. Combine sliced shallots with the whole grain mustard vinaigrette in a large mixing bowl.

Slice the Red Bliss and Yukon Gold Creamers on a mandolin to 3⁄16-inches thick. Rinse the potatoes well and drain. Place the sliced potatoes into a large pot and cover with 1 inch of cold water. Set the potatoes over medium-high heat and bring to a simmer. Simmer lightly until potatoes are just tender, but not falling apart.

Transfer the potatoes using a spider or skimmer to the mixing bowl and fold in the vinaigrette and shallots until evenly distributed. Take care not to break the potatoes. Transfer the dressed potatoes to a container and cover. Cool in the refrigerator.

Slice the cucumbers ⅛-inch thick and transfer to a small bowl. Add 1% kosher salt, based on the weight of the sliced cucumbers and let sit for 10 minutes. Pat the cucumbers dry as they will release liquid and store refrigerated in an airtight container.

Let the dressed potatoes come to room temperature before serving. Fold in the salted cucumbers and minced parsley, taking care not to break up the potatoes. Garnish with chopped crispy bacon and watercress sprigs.

FRIED CHICKEN

Chef Thomas Keller / Chapter Five

MASTERCLASS

FRIED CHICKEN

"I'm happy to say that fried chicken is back, with some of the best chefs across the country and some of the best restaurants frying chicken."

CHAPTER REVIEW

When Chef Keller was a boy, the fried chicken he knew and loved the best was from a fast food chain. His palate has evolved since then. Early in his career, Chef Keller found that fried chicken had fallen out of favor in many kitchens. Today, it's back in fashion, and a mainstay at many top restaurants around the country. This version of the dish is the same fried chicken served every other Monday at Chef Keller's restaurant Ad Hoc in Yountville, California.

Chef Keller starts with a whole chicken, which he cuts into 10 pieces and sets for 12 hours in an herb-lemon brine. You can get away with brining for less time—8 hours will suffice in a pinch, but no less. But you certainly do not want to brine for much more than 12 hours, as overbrining will affect the texture of the chicken, potentially giving it a cured texture. Once brined, dredge the chicken pieces in seasoned flour, dip them in buttermilk, dredge in flour again, and then fry until the crust becomes a crisp and golden brown. Chef Keller recommends frying in peanut oil—an oil with neutral flavor, less saturated fat than lard or shortening, and a high smoke point—but if peanut allergies are an issue, another vegetable oil will do. Be safety-minded, as you're working with hot oil. And of course, enjoy the results of your cooking.

PREP & COOK TIMELINE

Day 1

Make brine — Portion chicken — Brine 8-12 hours

Day 2

Bring chicken to temperature
Prep dredging bowls — Heat oil — Dredge chicken: flour mix, buttermilk, and flour — Fry chicken — Let rest, then serve

FRIED CHICKEN

PROTEIN

Mise en place

Serves 2 to 3

Ingredients

FOR THE BRINE

1 2½ to 3 pound chickens
5 lemons, halved
6 bay leaves
½ bunch (115 grams) flat-leaf parsley
½ bunch (30 grams) thyme
85 grams clover honey
1 head garlic, halved through the equator
14 gramsblack peppercorns
1 cup (10 ounces) kosher salt
3 ¾ liter or 1 gallon water

FOR THE SEASONED FLOUR

360 grams all-purpose flour
20 grams garlic powder
15 grams onion powder
5 grams paprika
4 grams cayenne
6 grams kosher salt
Freshly ground black pepper, to taste

FOR THE FRIED CHICKEN

1 quart buttermilk
Seasoned flour (recipe above)
Peanut oil
Kosher salt and freshly ground black pepper
Ground fleur de sel or fine sea salt
Rosemary sprigs for garnish

METHOD

PREPARE AND BRINE THE CHICKEN:

Mix all of the brine ingredients into 1 gallon of water and bring to a boil. Once boiling, remove from heat and let cool; then pour into a container large enough to hold both the brine and the chicken pieces and cool in the refrigerator until chilled.

Using poultry shears, cut out the backbone. Pull out the breastplate and trim the excess fat. Make sure to reserve the bones and fat for use in a stock and schmaltz. Cut the first half into 5 pieces: separate the thigh from the breast and the drumstick, remove the wing, and cut the breast in half. Repeat with the other half of the chicken. You should end up with 10 pieces: 2 wings, 2 legs, 2 thighs, and 2 breasts cut in half. Place the cut chicken in the cold brine and let it sit for 12 hours. (If you're short on time, you can brine for 8 hours; but do not brine for more than 12 hours or the chicken will become too salty.)

FRIED CHICKEN

Equipment

FOR THE BRINE:

Stockpot
Container (for brining)

FOR THE FRIED CHICKEN:

Cutting board
Knife
Poultry shears
2 bowls, wide enough for dredging
Deep-fat frying thermometers
Cast-iron skillet
Tongs
Sheet pan with grate, lined with paper towels
Mortar and pestle

FRY THE CHICKEN:

Remove the chicken from the brine and discard the brine. Rinse under cold water, removing any herbs or spices sticking to the skin. Pat dry with paper towels, or let air-dry. Let rest at room temperature until it comes to room temperature.

Set up a breading station. Combine all the coating ingredients in a large bowl. Pour the buttermilk into a third bowl and season with salt and pepper. Spread a large piece of parchment paper on your countertop beside the coating bowl.

Fill the cast-iron pan with 2 inches of oil and heat to 325°F. Try to maintain this temperature throughout to achieve a golden-brown color on the outside and a fully-cooked piece of chicken on the inside. Dip each of the chicken pieces into the bowl of coating, turning to coat and patting off the excess. Then dip each of them into the buttermilk, allowing the excess to run back into the bowl. Finally, return them to the bowl of coating, turning to coat once again. Transfer each piece to the parchment paper.

Begin frying the chicken, starting with the dark meat or the thickest pieces. Carefully lower the drumsticks and thighs into the hot oil. Adjust the heat as necessary to return the oil to 325°F. Fry for 2 minutes, then carefully move the chicken pieces around in the oil and continue to fry, monitoring the oil temperature and turning the pieces as necessary for even cooking.

About 4 minutes into the cooking time, add the white meat pieces to the pan. Adding the additional chicken pieces to the pan will cause the temperature of the oil to fall, so turn the heat up to help it recuperate and return to 325°F. After about 7 more minutes, when the chicken is golden brown and very crisp, check for doneness with a probe thermometer—it should register 160 to 165°F. Remove the chicken from the pan using tongs and transfer to a cooling rack, skin side up.

FRIED CHICKEN

FRY THE CHICKEN:

Add sprigs of rosemary to the pan and fry until they stop sizzling.

Pulverize kosher salt using a mortar and pestle until ground to a fine powder. Sprinkle it over the chicken. Remove the rosemary from the oil and transfer to cooling rack.

Arrange the chicken on a serving platter and top with the fried rosemary leaves. To serve as Chef Keller does, try the additional recipes for braised greens and mashed potatoes on the following pages.

FRIED CHICKEN

ACCOMPANIMENTS

BRAISED GREENS:

Mise en place

Ingredients

1000 grams swiss chard
1000 grams collard greens
100 grams canola oil
500 grams yellow onion, ½-inch dice
10 grams kosher salt
40 grams garlic, minced
300 grams bacon lardons, ½-inch dice
200 apple cider vinegar
100 sugar
500 grams chicken stock, plus more as needed
300 grams cherry tomatoes, halved

Equipment

Chef's knife
Cutting board
Salad spinner
Rondeau or large pot with lid
Rubber spatula or wooden spoon
Serving vessel or airtight container (for storage)

METHOD

Trim the stems of the swiss chard and collard greens and cut the leaves into 1 ½-inch pieces. Wash the greens well and then dry in a salad spinner.

Heat a rondeau or large pot over medium heat and add the canola oil. Once the canola oil starts to shimmer, add the bacon lardons, onions, and kosher salt and sweat until the onions are soft and translucent and the bacon has rendered. You do not want to brown the onions. Add the garlic and cook until fragrant, about 2 minutes. Add the sugar and apple cider vinegar, stir to incorporate, and continue to reduce until a syrupy consistency is achieved. Add 500 grams of chicken stock and the greens. You will have to add the greens gradually as they wilt down. Once all the greens are in the rondeau, cover and continue to simmer over low heat, checking every 15 minutes to add chicken stock as needed.

The cooking process should take about 2 hours or until greens are very tender. Add chicken stock as needed to continue to braise. Once greens are very tender, remove from heat, and season with kosher salt and apple cider vinegar to taste. Fold in the halved cherry tomatoes and serve.

FRIED CHICKEN

ACCOMPANIMENTS

MASHED POTATOES

Mise en place

Note: Chef Keller's recipe for mashed potatoes is very similar to his recipe for potato purée, which he teaches in his first MasterClass. The difference is that putting potatoes through a ricer rather than a tamis changes the amount of fat the potatoes can take in, as well as the texture. Chef Keller's mother used an old-fashioned potato masher, which resulted in a more rustic texture.

Ingredients

190 grams cream, hot
225 grams cold butter, cubed
50 grams clarified butter (optional)
750 grams Yukon Gold potatoes
Warm water as needed
Kosher salt
Butter for finishing
Maldon salt for finishing

Equipment

Cutting board
Paring knife
Saucepot
Slotted spoon
Ricer
Saucepan
Wooden spoon

METHOD

Place the whole, unpeeled potatoes in a 3-quart saucepot and cover with 2 inches with cold water. Slowly bring the water to a gentle simmer. The potatoes are cooked whole to prevent them from absorbing the water, and therefore, allowing you to incorporate more butter and cream. Cook the potatoes until they are extremely tender when tested with a paring knife. When ready, turn off the heat. Working one potato at a time, remove from the water, and press through a ricer. Once all of the potatoes have been riced, transfer them to a saucepan. Warm the saucepan over medium-low heat, use a stiff rubber spatula to incorporate a third of the hot cream into the potatoes, and stir in a few cubes of butter with the rubber spatula until the butter is emulsified into the potatoes. Drizzle in a little clarified butter. Clarified butter adds a more intense butter flavor than whole butter. Keep adding the cream, butter, and clarified butter to develop a light, fluffy consistency.

Once you've achieved your desired texture, season with salt, transfer to a serving bowl, and top with a pad of butter.

FRIED CHICKEN

LEARN MORE

- In this lesson, Chef Keller describes enjoying Nashville-style hot fried chicken at a famous restaurant in Tennessee. If the idea of hot, or spicy, fried chicken appeals to you, experiment with different levels of cayenne pepper in your seasoning, and take notes on what degree of spiciness suits your palate best.

- For his fried chicken, Chef Keller uses 2½ to 3-pound chickens, which are relatively small and not always available at grocery stores, where chickens tend to run 3 to 4 pounds. You can use these larger chickens, but smaller chickens are worth seeking out at your local farmer's market or butcher shop. Not only are they easier to cook properly at the temperatures Chef Keller recommends, but they also result in the optimal meat-to-crust proportion. Chef Keller recommends that you get to know your purveyors, so that you know where your chicken comes from.

- If you're meal planning for the week, make enough brine to brine two chickens. One chicken will be brined whole for roasting later in the week, as it will require two days of air-drying. Roast the chicken following the technique in Chapter 9: Oven Roasting: Chicken. Never reuse brine and always keep it refrigerated.

TECHNIQUE: OVEN ROASTING OVERVIEW

Chef Thomas Keller / Chapter Six

MASTERCLASS

TECHNIQUE: OVEN ROASTING OVERVIEW

"Tempering is critical to any food, especially oven roasting."

CHAPTER REVIEW

Tempering food is a simple but critical step that involves bringing an ingredient to room temperature prior to cooking so that it cooks more evenly. Tempering is important with most proteins, but especially when oven roasting large cuts of meat, because it will allow the meat to cook evenly and more efficiently. By tempering, you are ensuring that the meat will have an even temperature gradient from the middle to the edges. A properly tempered piece of meat should be room temperature throughout. In some cases, such as with large cuts of meat, you may need a thermometer to confirm that the inside has been properly tempered. In this chapter, Chef Keller gives an overview of the meats you'll be working with, including three cuts of beef, two cuts of lamb, and a whole chicken. Like all cooking, oven roasting is all about time and temperature, so you also want to confirm that your oven is calibrated. To do so, put an oven thermometer in the oven, turn the oven on, and check that the reading on your thermometer is the same as the reading on the thermometer. If it's not, you might need to get your oven serviced. At the very least, it's worth having this information so you can adjust your cooking accordingly. While important, Chef Keller says, the time and temperature in recipes are merely guidelines. The more experienced and skilled you become in the kitchen, the better equipped you'll be to adjust your approach to get the desired results.

LEARN MORE

Is your oven calibrated? It's an important question, and it's not hard to answer. Put an oven thermometer in your oven, turn your oven on, and when it's fully heated, check that the reading on the thermometer is the same as your oven thermometer. If your oven isn't calibrated, call a professional to adjust it, or get an infrared thermometer to measure your actual oven temperature so that you can achieve the correct temperature (even if the oven dial is incorrect).

PAN ROASTING: DUCK BREAST

Chef Thomas Keller / Chapter Seven

MASTERCLASS

PAN ROASTING: DUCK BREAST

"Gentle cooking is the ticket for pan-roasting."

CHAPTER REVIEW

Pan-roasting, like sautéeing, is a stovetop cooking technique that involves lower temperatures and longer cooking times. Here, Chef Keller pan-roasts a boneless breast of Pekin duck, which is often labeled as Long Island duck. The duck breast has been air-dried for three days in the refrigerator, which removes moisture from the skin so that it can crisp more readily during cooking. Prior to pan-roasting, Chef Keller tempers the duck, letting it come to room temperature, and pierces the skin, which allows the fat to render faster. The faster the fat renders, the crispier the skin gets and the easier it is to control the cooking temperature. Chef Keller prefers his duck breast medium rare. Rare duck tends to be chewy, he says, while duck prepared well-done can take on a livery taste. In this preparation, Chef Keller serves the duck with braised endive and a honey-orange gastrique, or sweet-and-sour sauce, a combination that he loves for its wonderfully contrasting flavors and textures.

PREP & COOK TIMELINE

- Braise endive
  Bring duck to temp
- Trim duck breast
- Pan roast duck
  Make gastrique
  Caramalize endive
- Pull endive off heat to rest
- Pull gastrique off heat and finish
- Slice duck, plate, and serve

PAN ROASTING: DUCK BREAST

PROTEIN

Mise en place

Ingredients

1 Pekin duck breast
Canola oil

Equipment

Cutting board
Knife
Sausage pricker
12-inch sauté pan
Rack over a half-sheet pan or towel-lined plate

METHOD

Rinse and pat the duck breast dry and set on a baking sheet or plate skin side up. Set uncovered in the refrigerator to allow the surface of the skin to dry for three days.

Begin by trimming the silver skin off the duck breast, taking care to not trim too close to the meat. Then prick the skin of the duck using a sausage pricker to allow the fat to render out. (You could also score the skin using a knife, but Chef Keller advises that this is more difficult. Take care not to pierce the flesh.)

Heat the sauté pan over medium heat and pour in a thin layer of canola oil. Lay the duck breast into the pan skin side down, starting with the end of the breast nearest to you and laying away from you to avoid splashing. Since pan-roasting is a more gentle, slower cooking process than sautéing, there will only be a subtle sizzle when the duck breast hits the oil. Give the pan a little shake to keep the skin from sticking. Continue cooking, pressing down on the duck with the palette knife anywhere that the skin needs more contact with the pan in order to crisp—but not moving the breasts around. When the duck breast is about 80% done, baste with the rendered fat. Cook until medium rare, or an internal temp of 123°F.

When the duck breast is 90% done, pour off excess fat from the pan, add the endive (cut-side down if not left whole), and flip the duck breast to "kiss" the meat side. Increase the heat slightly and cook the duck breast just long enough to color it. Transfer the duck breast to a rack or paper towel-lined tray skin side down to drain. Let rest at least 5 minutes.

PAN ROASTING: DUCK BREAST

PROTEIN

TO COMPLETE:

To serve the duck as Chef Keller does, prepare the braised endive before cooking the duck and make a honey-orange gastrique using the recipes on the following pages. Slice the duck breasts and fan across the plate. Place the endive below the duck (if using) and spoon sauce around the duck and endive.

PAN ROASTING: DUCK BREAST

ACCOMPANIMENTS

HONEY-ORANGE GASTRIQUE:

Mise en place

Makes 240 grams

Ingredients

50 grams honey
150 grams orange juice
150 grams roasted veal stock*
10 to 15 grams lemon juice
A couple of scrapes of orange zest
5 to 10 grams butter (optional)

**Ingredient Note: Chef Keller teaches you how to make roasted veal stock in Chapter 16: Roasted Veal Stock.*

Equipment

Saucepot
Rasp grater

METHOD

Put orange juice and honey into a medium saucepan, bring to a simmer over medium heat, reduce until the orange juice and honey reach a syrupy consistency. As the bubbles increase in size, the gastrique becomes more viscous. Increase the heat slightly to speed up the cooking process, looking for large bubbles around the edges of the pot and light caramelization. Swirl the gastrique to check the changing consistency. Be careful not to let it caramelize or burn.

Slowly add the veal stock, swirl to mix, and return to simmer, cooking until the sauce is reduced to your desired flavor (by about one third). Add in orange zest, adjust with lemon juice or vinegar if you find that the gastrique needs more acid, and season with salt to taste. To finish the gastrique, remove from heat and stir in the cold-cubed butter, which will soften the flavors (if desired) and provide a velvety texture and mouth feel.

PAN ROASTING: DUCK BREAST

ACCOMPANIMENTS

BRAISED ENDIVE:

Mise en place

Ingredients

6 yellow Belgian endives
(1 to 1 ½ inches in diameter)
Kosher salt
Canola oil
720 to 960 grams orange juice

Equipment

Cutting board
Knife
Tray
Large pot

METHOD

If the endives are thicker than one and a half inches, remove enough outer leaves to reduce them to that size. Cut off the bottom of each endive so that it will stand upright. Cut out and remove the conical core from the root end of each, following the shape of the endive so that the walls of the endive will be about the same thickness and the endives will cook evenly. Pack the inside of each endive with kosher salt, sprinkle a little additional salt over the outside, and stand them up on a tray. Let them sit for 30 minutes, then rinse to remove the salt.

Heat ¼ inch of canola oil in a pot large enough to hold the endive in one layer. Add the endive and lightly brown on all sides. Add the orange juice to cover, then cover with a cartouche made from parchment paper (see Chapter 13: Red Wine Braised Short Ribs for instructions on how to make a cartouche). Simmer for 30 to 40 minutes, or until the endive is fully cooked. Set aside in the liquid until ready to caramelize before plating. If serving the braised endive with your pan-roasted duck breast, caramelize the endive in the pan with the rendered duck fat.

You can make the endive up to one week in advance; if you do so, refrigerate in the cooking liquid. Making the endive in advance will intensify the flavor as it marinates.

Note: If you end up with leftover braised endive, use for a salad or as a side for another dish. It will last a week in the refrigerator stored in its juices.

PAN ROASTING: DUCK BREAST

LEARN MORE

- Chef Keller recommends that you always try to source fresh duck. If you're unable to find fresh duck at your local grocery story, check ethnic grocers and local butchers or boutique grocers or online markets. Prioritize freshness and quality over breed.

- Chef Keller refers to several breeds of duck. Learn more about these breeds and the ideal uses for them.

- ***Pekin:*** Pekin duck is the most commonly available in the United States. Also known as Long Island duck, it is mild-flavored, meaty, and an all-around great choice. It's also relatively easy to source. The breasts of Pekin ducks take well to pan roasting, while their legs are better suited to braising and oven roasting.

- ***Muscovy:*** Native to South America but widely domesticated in this country, the Muscovy duck—also known as the Barbarie or Barbary duck—is thinner-skinned and more intensely flavored than the Pekin. Its breasts are also larger. The meat of a Muscovy duck is deep red, with a gamier taste than Pekin duck. It takes well to roasting and stewing, and is also frequently used for making soups and stock.

- ***Moulard:*** A cross between a Muscovy and a Pekin, the Moulard is a large duck with a stout constitution, making it the preferred duck for foie gras. It is also commonly used in duck confit.

PAN ROASTING: CÔTE DE BŒUF

Chef Thomas Keller / Chapter Eight

MASTERCLASS

PAN ROASTING: CÔTE DE BŒUF

"Côte de bœuf is typically for two people. And I love the idea of that celebration and that idea of sharing."

CHAPTER REVIEW

Chef Keller thinks of côte de bœuf, or rib steak, as a celebratory dish, built for sharing. It is composed of the rib bone, the rib eye, and a marbled section called the deckle, which is Chef Keller's favorite. In the United States, a côte de bœuf is called a rib steak. To save yourself some time, ask your butcher for a double-cut rib steak, trimmed, with bone "frenched" or scraped clean.

In this chapter, Chef Keller starts with a rib steak that has been salted and air-dried overnight in the refrigerator to season the meat and remove excess moisture. He trusses the rib steak to hold its shape and sears it in a cast-iron pan before finishing it in the oven. Contrary to popular belief, searing meat does not seal in flavor—but it does create a delicious crust.

The final flourish in this preparation is the addition of maître d'hôtel butter, an herbed compound butter, which Chef Keller melts over the steak just prior to plating. He complements the dish with the big-pot blanched asparagus he taught in his first MasterClass.

PREP & COOK TIMELINE

Day 1

Truss and season rib steak → Make compound butter → Air-dry

Day 2

Bring rib steak to temperature → Sear rib steak → Add aromatics and butter to taste → Finish in oven → Let rest → Slice, plate, top with compound butter, and serve

PAN ROASTING: CÔTE DE BŒUF

PROTEIN

Mise en place

Serves 2 as an entrée or 4 family style or part of a multi-course meal

Ingredients

1 double-cut rib steak, about 2 to 2½ pounds
Kosher salt
French grey sea salt
Canola oil
4 tablespoons unsalted butter
Thyme sprigs
Crushed garlic cloves
3 tablespoons maître d'hôtel butter (recipe below)

Equipment

Slicing knife
Cutting board
Kitchen twine
Baking sheet with rack
12-inch cast-iron skillet
Aluminum foil
Kitchen shears
Kitchen torch

METHOD

To truss the côte de bœuf, tie a piece of kitchen twine around the circumference of the steak, using the bone as the anchor point to hold its shape during cooking. Place on a rack over a baking sheet so that the air can circulate around both sides. Salt both sides and let dry uncovered in the refrigerator 1 day, so that the salt has time to penetrate into the flesh and draw out moisture.

One hour before cooking, remove the meat from the refrigerator and bring to room temperature. If there is any moisture on the meat, pat it dry with a paper towel.

Heat the oven to 450°F and begin heating a cast-iron skillet over high heat. Wrap the bone in aluminum foil to prevent it from burning and season the meat with kosher salt a second time. Add 3/8 inch of canola oil to the pan. When the oil is wafting smoke, add the steak and sear for 4 to 5 minutes, or until dark brown and crusty on the bottom. Flip the steak and brown the second side for 2 to 3 minutes.

Pour off most of the oil and add a small amount of oil to the pan—about 15 grams or 1 tablespoon—to prevent the butter from burning. Then add the cold-cubed butter, thyme, and garlic. Baste the meat with the butter and pan juices for a few minutes then place in the preheated 450°F oven. After 5 minutes, carefully remove the pan from the oven, place it on your cooktop, and baste the meat again with the foaming butter and pan juices for about 1 minute. Then return to the oven for about 10 to 15 minutes, or until a meat thermometer reads 130°F for medium-rare. (Note: The cooking time depends on the temperature of the meat going in and the thickness of the meat.) Transfer the meat to a rack to rest for 10 to 15 minutes before slicing.

PAN ROASTING: CÔTE DE BŒUF

TO SERVE:

Remove the kitchen twine from the steak. Slice off the bone—leaving a bit of meat attached and the deckle. Slice the ribeye against the grain into ¼-inch slices and then continue with the deckle. Overlap the slices on the serving plates and sprinkle with grey salt.

To plate and serve as Chef Keller does, follow the additional recipes for maître d'hôtel butter and blanched asparagus below. To serve the maître d'hôtel butter, place 3 discs on top of the sliced beef and gently warm using a kitchen torch (if desired) until the butter begins to melt.

ACCOMPANIMENTS

MAÎTRE D'HÔTEL BUTTER

Mise en place

Ingredients

100 grams unsalted butter, at room temperature
10 grams chopped Italian parsley
20 grams teaspoons fresh lemon juice
10 grams kosher salt

Equipment

Small bowl
Rubber spatula
Plastic wrap
Bench scraper

METHOD

Put the tempered butter in a small bowl and stir with a spoon or rubber spatula until smooth. Add the remaining ingredients and stir to combine.

Cut a piece of plastic wrap and form the butter into a rough log about 4 inches long, approximately 2 inches from one end of the plastic wrap. Roll up the butter in the plastic to form a compact log about 1¼ inches in diameter, then twist the ends and tie. Let the butter firm up in the fridge before using so that it is easier to slice off discs in the amount you need.

The butter can be stored in the refrigerator for a few days or frozen, well-wrapped, for up to 2 months.

PAN ROASTING: CÔTE DE BŒUF

ACCOMPANIMENTS

BLANCHED ASPARAGUS

Mise en place

Ingredients

1 pound asparagus
Kosher salt

Equipment

Cutting board
Chef's knife
Paring knife
Loaf pan
Parchment for trim
Abrasive green scrub pad
Peeler
Butcher's twine
Kitchen shears
12-quart stockpot
Mesh skimmer
Ice bath

METHOD

To trim, use a paring knife to peel off the spiky tips along the stalk of the asparagus, along with the woodiest leaves just below the tip. You also want to snap off the most fibrous bottom section of the spear. To do this, use one hand to hold the spear gently in the center of the stem and the other hand at the base and snap. It should break off cleanly where the tough, fibrous section meets the tender part of the spear. It is important to elevate the asparagus off the table while peeling or scrubbing by using a loaf pan. This preserves the integrity of the asparagus by avoiding unnecessary bending or breaking.

Determine whether to use a peeler or an abrasive green scrub pad on the asparagus. A green scrub pad is best used on asparagus with a narrow diameter, as this will prevent excess removal of the asparagus.

Fill the stockpot with water to within a few inches of the top. You want to use a generous amount so that the water retains its heat when you add the vegetables. Bundle and tie 6 to 7 asparagus (depending on the size); asparagus tips are fragile, and bundling helps protect them from damage during blanching. Add salt to the boiling water and take a minute to let it return to a boil. Make sure you add enough salt to the water—Chef Keller says your water should taste as salty as seawater. Place asparagus bundles in boiling water. Add only the amount of asparagus bundles to maintain the rapid boil. The blanching process may require several batches. After 2½ minutes, use the tip of a paring knife to check for doneness. If necessary, continue cooking until tender.

Cut away the twine and arrange the asparagus spears on a platter to accompany your main dish.

PAN ROASTING: CÔTE DE BŒUF

LEARN MORE

- Chef Keller demonstrates how to test for doneness in meat by comparing its feel to the feel of the pad of your thumb. Practice this method until you're comfortable using your sense of touch to check whether meat is rare, medium-rare, or well-done.

- Chef Keller uses several terms in this chapter that may not be familiar to you. Here's what they mean:

  / ***Beurre noisette:*** Translated from the French, it means hazelnut butter, but in English, it is more commonly known as brown butter. It's made by heating unsalted butter at a low temperature until its milk solids separate and turn a tawny hazelnut color.

  / ***Beurre pommade:*** A softened butter, brought to room temperature, and whisked to a creamy consistency.

  / ***Deckle:*** A piece of fatty muscle in a cow that connects the hindquarter to the rib cage, though Chef Keller also thinks of it as his favorite cut of beef.

  / ***Maillard browning:*** At the chemical level, it's a reaction that occurs when enzymes and amino acids in certain ingredients are subjected to high heat. In the kitchen, though, it refers to the crusty, flavorful browning and appealing aromas that often arise from grilling, searing, and roasting certain foods.

OVEN ROASTING: CHICKEN

Chef Thomas Keller / Chapter Nine

MASTERCLASS

OVEN ROASTING: CHICKEN

"Roasted chicken reminds me of places I've been in the past. [It] is one of those preparations that crosses all geographic boundaries and all social boundaries and even economic boundaries. Everybody loves roasted chicken."

CHAPTER REVIEW

Chef Keller is often asked what he would want as his last meal. His menu varies depending on his mood, but one dish is always on it: roast chicken. It's a personal favorite, and a signature item at his restaurant Bouchon. Chef Keller loves the contrasting flavors and textures from different parts of the chicken, from the pope's nose at the tail to the wings and thighs and on to the "oysters" between the back and the leg. He's not alone. Roast chicken was also one of Julia Child's favorite dishes. When she visited The French Laundry, Chef Keller says, the staff always sent out a roast chicken for her.

Chef Keller's roast chicken is a one-pot dish, but it involves multiple steps: brining, air-drying, trussing, and roasting. Brining is not required—but it will impart better flavor. Nor do you have to truss the bird, but doing so will help the chicken brown more beautifully and evenly. Prior to roasting, Chef Keller removes the wishbone, as it makes for easier carving.

The root vegetables make a bed for the chicken, and the rendered fat and juices from the chicken flavor the vegetables. If you have a big cast-iron skillet, use that. This is a delicious family dinner. But don't hesitate to make it for yourself. You'll have leftovers!

PREP & COOK TIMELINE

OVEN ROASTING: CHICKEN

PROTEIN

Mise en place

Serves 2 as an entrée or 4 family style

FOR THE BRINE:

Ingredients

5 lemons, halved
6 bay leaves
½ bunch (4 ounces) flat-leaf parsley
½ bunch (1 ounce) thyme
¼ cup clover honey
1 head garlic, halved through the equator
⅛ cup black peppercorns
1 cup (10 ounces) kosher salt
1 gallon water
Canola oil
Kosher salt

Equipment

Stockpot
Container

METHOD

MAKE THE BRINE:

Mix all of the brine ingredients and bring to a boil. Once boiling, remove from heat and let cool, then pour into a container large enough to hold both the brine and the chicken and cool in the refrigerator until chilled.

OVEN ROASTING: CHICKEN

FOR THE ROASTED CHICKEN:

Ingredients

1 whole chicken, 2½ to 3 pounds
3 rutabagas
2 turnips
2 parsnips
2 large leeks
4 carrots, trimmed and cut in half
1 small onion
8 small red-skinned potatoes
Clarified butter
*Ingredient note: To learn how to make clarified butter, see Chapter 19: Hollandaise in Chef Keller's first MasterClass. (or ⅓ cup canola oil)
1 lemon

Equipment

Parchment-lined cutting board
Paring knife
Abrasive green scrub pad
Kitchen twine
Kitchen shears
Roasting Pan
Meat thermometer
Chef's knife

PREPARE THE CHICKEN:

Remove the neck and innards if they are still in the cavity of the chicken. Using a paring knife, cut out the wishbone from the chicken—this will make it easier to carve the chicken. Submerge the chicken in the cold brine for 8 to 12 hours.

When done brining, remove the chicken and truss to ensure even cooking. Discard the brine.

To truss: See illustation on following page. Note that the illustrated method is different from the method Chef Keller demonstrates in the video lesson. The illustrated method is how his culinary team trusses chickens in his restaurants.

Leave the brined, trussed chicken uncovered in the refrigerator for two days. Doing so removes moisture from the skin and allows it to crisp beautifully during roasting.

Remove the chicken from the refrigerator and let stand at room temperature for 1 ½ to 2 hours, or until it comes to room temperature.

PREPARE THE VEGETABLES:

Cut off both ends of the rutabagas. Stand the rutabagas on end and cut away ⅛-inch of the tough skin, working from top to bottom. Cut into ¾-inch wedges. Repeat with the turnips, cutting the wedges to match the size of the rutabagas. Cut off the dark green leaves from the top of the leeks. Trim off and discard any darkened outer layers. Trim the root ends, cutting around them on a 45-degree angle. Halve the leeks lengthwise and rinse the leeks well under warm water. Scrub the parsnips and carrots, trim, and halve lengthwise. (See Chapter 7: Big-Pot Blanching: Asparagus in Chef Keller's first MasterClass for a detailed demonstration of various methods for removing the fine outer layer of skin.) Cut the parsnips into wedges similar in size to the other vegetables to ensure even cooking. Cut the onion into wedges and leave the potatoes whole.

OVEN ROASTING: CHICKEN

Combine all the vegetables in the roasting pan and season with salt. Drizzle clarified butter or canola oil over the vegetables and mix with your hands to coat.

ROAST:

Preheat the oven to 475°F. Brush the chicken with clarified butter and season all sides with salt. Make a nest in the center of the vegetables and nestle the chicken in it. Roast for 20 to 25 minutes. Reduce the heat to 400°F and roast for an additional 30 to 45 minutes, or until the temperature registers 160°F in the meatiest portions of the bird—the thighs, and under the breast where the thigh meets the breast—and the juices run clear where the leg joint meets the thigh. If necessary, return the bird to the oven for more roasting; check it every 5 minutes. Transfer the chicken to a carving board and let rest for 20 to 30 minutes.

Just before serving, set the pan of vegetables over medium heat and reheat the vegetables, turning them to coat with the pan juices. Finish with a squeeze of lemon. Carve the chicken into serving pieces, arrange over the vegetables, finish with grey sea salt, and serve.

OVEN ROASTING: CHICKEN

TRUSSING A CHICKEN: STEP BY STEP

OVEN ROASTING: CHICKEN

LEARN MORE

Chef Keller's method for brining and roasting chicken can be applied to other poultry and game birds, such as pigeons, guinea fowl, pheasants, and capons. You could brine your Thanksgiving turkey (more time) or a quail (less time). The key is to preserve the ratio of salt to water in the brine; otherwise you'll end up with a result that is either too salty or bland.

SLOW ROASTING: BLOWTORCH PRIME RIB ROAST

Chef Thomas Keller / Chapter Ten

MASTERCLASS

SLOW ROASTING: BLOWTORCH PRIME RIB ROAST

"A lot of people will look and say, 'That's rare,' or, 'That's too rare for me.' But if you closed your eyes and you tasted it, texturally you'd understand that it is medium rare."

CHAPTER REVIEW

If you like to play with fire and you love red meat, this is the dish for you. The main ingredient is a center-cut rib roast, and a key implement is a propane blowtorch, which you'll use to brown the meat before slow-roasting it. Propane blowtorches are available at most hardware stores and usually cost less than $20; replacement cylinders are usually less than $5. Chef Keller says not to bother with the smaller, butane-fire torches sold at gourmet shops. Propane torches are more effective. (They're also great for caramelizing crème brûlée.)

In this preparation, Chef Keller salts the meat and air-dries it in the refrigerator overnight. He also scores the skin, an optional step that is largely for aesthetics, though Chef Keller says it helps the salt penetrate the meat. Unlike oven-roasting at a high temperature, which results in meat of various degrees of doneness across the cut, slow-roasting produces meat that is evenly cooked from edge to edge. You'll need a meat thermometer to ensure that the roast reaches an internal temperature of 128°F. The pinkness of the meat may lead you to believe that it is undercooked. It's not. It will be beautifully medium-rare and tender, as you'll discover when you take your first bite. Chef Keller prepares this dish with glazed carrots, puréed potatoes, and horseradish cream. Recipes for the carrots and potatoes are included at the end of this chapter.

PREP & COOK TIMELINE

- Bring prime rib to temperature
- Score the skin
- Torch
- Season generously
- Slow roast to 128°
- Let rest (carry over to 132°)
- Carve and serve

SLOW ROASTING: BLOWTORCH PRIME RIB ROAST

PROTEIN

Mise en place

Ingredients

1 two-bone center-cut rib roast, about 4½ pounds, trimmed of excess fat
Kosher salt
Sel gris, to taste
Freshly ground black pepper, to taste

Equipment

Roasting pan with rack
Paring knife
Propane or butane blowtorch
Eye goggles
Cutting board
Knife

METHOD

Position an oven rack in the lower third of the oven and preheat the oven to 275°F. Put the trussed rib roast on a rack in a roasting pan. If you are choosing to score the skin, cut the fat in 1/16-inch intervals. Hold a blowtorch about an inch from the roast and lightly brown any white fat and red meat that you see on all sides. When you are done torching, the outside of the roast will be nice and browned and look as if it has already gone through the roasting process. Season the roast generously with salt.

Roast the prime rib for about 2 hours or until the roast registers 128°F in the center. Remove from the oven and let rest for at least 30 minutes. The meat will retain heat and continue to cook once out of the oven; make sure the internal temperature is 132°F for the perfect medium-rare.

TO COMPLETE

In the video, Chef Keller uses his hands to transfer the meat to the butcher block because the meat has been resting for half an hour and has cooled. If the meat is too hot for you to transfer with your hands, use a utensil that will not pierce the meat. Carve the roast, cutting away the bones, and slice into individual bones to serve separately. Cut the roast into slices that are about ½-inch thick supporting both the roast and the piece being cut with your hand. Arrange the meat on the platter and sprinkle with sel gris and pepper. To plate and serve as Chef Keller does, follow the additional recipes below.

SLOW ROASTING: BLOWTORCH PRIME RIB ROAST

ACCOMPANIMENTS

HORSERADISH CREAM

Mise en place

Ingredients

115 grams crème fraîche (or sour cream)
60 grams prepared horseradish
Chives, sliced (for garnish)

Equipment

Whisk
Bowl

METHOD

Combine the crème fraîche and horseradish and whip until you achieve soft peaks. The crème fraîche should be very cold, so you may wish to do this over ice. Top with minced chives.

You can prepare the horseradish cream up to one week in advance and store in the refrigerator; if you do, omit the chives until just before serving.

GLAZED CARROTS

Mise en place

Ingredients

454 grams (1 pound) sweet or fresh garden carrots, peeled, oblique cut
5 grams (approximately 1 teaspoon) room temperature butter
5 grams sugar (to start)
Water (enough to cover carrots)
2 drops white wine vinegar
Small handful parsley, chopped (for garnish)
Kosher salt

Equipment

Cutting board
Chef's knife
Peeler or scrub pad
5-quart saucepot
Serving bowl

METHOD

Add carrots to the pan in a single layer and swirl the pan around to create an even amount of space between them. Add sugar—start with about 5 grams (approximately 1 teaspoon)—and enough water to barely cover carrots. Add butter and turn on the flame to high heat. Move the pan around throughout cooking to keep carrots evenly spaced so that each is individually glazed. Pay attention to aromas and sounds. The sound of the boiling water at the beginning of the process will become more intense. It will turn to a crackle as the water evaporates and the glaze reduces. When reduction is nearly complete, check for doneness. Chef Keller likes root vegetables to have very little resistance to the tooth without being mushy. If the vegetables are still too firm, you may add slightly more water and cook until the desired texture is achieved. Turn down the heat to medium and cook until finished. You're looking for the butter to emulsify and the liquid to form a shiny glaze. Cooking too much will result in oiliness. Cooking too little will leave the liquid milky-looking and watery.

SLOW ROASTING: BLOWTORCH PRIME RIB ROAST

GLAZED CARROTS *continued*

If you take glazing too far and begin to see slight caramelization on the bottom of the pan or notice the sheen of the glaze disappear from the surface of the carrots, add a little water and two drops of white wine vinegar, and quickly reduce again.

When reduction is complete, toss carrots in the pan with chopped parsley. Plate and sprinkle with a few flakes of finishing salt for a little crunch.

POTATO PURÉE

Mise en place

Ingredients

190 grams cream, hot
225 grams cold butter, cubed
50 grams clarified butter (optional)
750 grams Yukon Gold potatoes
Warm water as needed
Kosher salt
Butter for finishing
Maldon salt for finishing

Equipment

Cutting board
Paring knife
3-quart saucepot
Slotted spoon
Tamis, finest mesh
Parchment
Bowl scraper
4-quart copper core saucepan
Stiff rubber spatula
Serving bowl

METHOD

Place the whole, unpeeled potatoes in a 3-quart saucepot and cover with two inches of cold water. Slowly bring the water to a gentle simmer. The potatoes are cooked whole to prevent them from absorbing the water, and therefore, allowing you to incorporate more butter and cream. Cook the potatoes until they are extremely tender when tested with a paring knife. When ready, turn off the heat. Working one potato at a time, remove from the water, place on the tamis, split the potato in half, and press the flesh through the screen using a stiff bowl scraper, while leaving the skins behind. It is a good idea to place a sheet of parchment paper underneath to collect the passed potato. Once all of the potatoes have been passed, transfer them to a 4-quart saucepan. Warm the saucepan over medium-low heat, use a stiff rubber spatula to incorporate ⅓ of the hot cream into the potatoes, and beat in a few cubes of butter with the rubber spatula until the butter is emulsified into the potatoes. Drizzle in a little clarified butter. Clarified butter adds a more intense butter flavor than whole butter. Keep adding the cream, butter, and clarified butter to develop a creamy purée. If the purée begins to look oily with the fat separating from the potatoes, the emulsion is breaking. To restore the emulsion, you may need to add hot water periodically, just as you would for mayonnaise or hollandaise. Additionally, regulate the heat to allow the butter to be incorporated without losing the emulsion. Once you've achieved your desired texture, season with salt, transfer to a serving bowl, and top with a pad of butter.

TECHNIQUE: BRAISING AND BRAISING À LA MATIGNON

Chef Thomas Keller / Chapter Eleven

MASTERCLASS

TECHNIQUE: BRAISING AND BRAISING À LA MATIGNON

"I'm going to introduce you to something that I think of as transformational cooking, which means that we're going to take pieces of protein and transform them using two techniques that I'm going to teach you."

CHAPTER REVIEW

All cooking is transformational, but few techniques do more to alter the flavor and texture of meat, poultry, and seafood than braising. The braised dishes Chef Keller demonstrates here call for marinating the meat to start. That marinade is then clarified prior to cooking to remove any blood or other impurities. The mirepoix used in braised dishes flavors the sauce but is ultimately removed. When Chef Keller makes a braised dish, he always does so at least a day in advance to let the flavors cohere.

Both braising and braising à la matignon call for slow-cooking ingredients gently in liquid to tenderize them. But there are differences in the two techniques. Matignon refers to vegetables that are diced to a specific size, like a mirepoix. Unlike a mirepoix, though, which is strained out prior to serving, matignon vegetables are part of the finished dish. A traditional matignon also uses ham, but Chef Keller forgoes that, opting simply for the vegetables, which are sweated at the start. The meat then cooks on top of them, and the resulting sauce is a combination of the meat juices and the vegetables.

Both matignon and braising are time-intensive, but their results are delicious. So whatever recipe you follow, Chef Keller suggests making a large quantity. You'll want leftovers to enjoy the next day, and maybe even the day after that.

BRAISING: PORK SHOULDER À LA MATIGNON

Chef Thomas Keller / Chapter Twelve

MASTERCLASS

BRAISING: PORK SHOULDER À LA MATIGNON

"Look at this beautiful cocotte. I just love cooking in these. There's something that's really basic and grounded in cooking in something like this. And the transformation of the food as it cooks is just beautiful."

CHAPTER REVIEW

Matignon cooking features vegetables that have been cut to a uniform size for use as a complement in a variety of fried and braised dishes. Many types of root vegetables work wonderfully à la matignon, including carrots, potatoes, leeks, turnips, and rutabaga. Options abound, though Chef Keller does not recommend using delicate vegetables that grow above ground, such as green beans.

Chef Keller braises pork shoulder à la matignon with celery root, apples, and onions, slow-cooking the ingredients in a cocotte, or cast-iron pot. He serves the fork-tender dish with crispy potato rösti.

PREP & COOK TIMELINE

- Bring pork shoulder to temperatrue
  Prep vegetables
- Sauté onions in cocotte
  Add celery root, apples, sachet, cider, honey
- Make sachet
- Return pork to cocotte, transfer to oven
- Truss pork shoulder
- Remove pork and sachet
- Add pork to cocotte and sear on all sides
- Reduce liquid
- Add thickener, acid if needed
- Transfer pork to rack
- Slice shoulder, plate, and serve

BRAISING: PORK SHOULDER À LA MATIGNON

PROTEIN

FOR THE PORK SHOULDER

Mise en place

Ingredients

1 boneless pork shoulder, 3 to 4 pounds
Kosher salt
Canola oil
500 grams (about 2) onions, cut into a ⅜-inch dice
375 grams (about 3) Granny Smith apples, cored and cut to a ⅜-inch dice
250 grams (about 1) celery root, cut to a ⅜-inch dice
500 grams dry hard cider
50 grams honey
10 to 15 grams dry kuzu root*
25 grams Calvados
White wine vinegar, to taste
Watercress, for garnish
French grey sea salt, for finishing

**Ingredient note:* If you cannot find kuzu root, you can substitute it with cornstarch.

Note: If you prefer not to cook with alcohol, replace the dry cider with apple juice but omit the honey so that it does not become overly sweet. You can finish with an aromatic such as a sprig of tarragon or grated citrus zest instead of the Calvados.

FOR THE SACHET

1 bay leaf
1 cinnamon stick
3 star anise pods
3 cloves
Cheesecloth
Kitchen twine

METHOD

MAKE THE SACHET:

Lay the cheesecloth on the cutting board and add bay leaf, cinnamon stick, star anise pods, and cloves on top. Fold the end and roll into a sachet. Tie both ends with kitchen twine. Set aside.

FOR THE PORK SHOULDER:

Remove the pork from the refrigerator at least 1 hour before cooking to allow it to come to room temperature. Use kitchen twine to hold the pork shoulder in its natural, plump shape. Wrap twine down the middle lengthwise and tie, then across the width in the middle and twice more left of the middle and right of the middle. Season all sides of the pork with kosher salt.

Preheat oven to 275°F. Heat a large cocotte over medium-high heat. Pour in about ¼ inch of canola oil. Add the pork and sear, turning as needed, until well-browned on all sides.

Transfer the pork to a rack over a baking sheet, leaving the rendered pork fat in the cocotte to cook and flavor the vegetables. Add the onions and salt them, which will draw out moisture and begin the caramelization process. Once the onions have caramelized, add the apples and celery root. Next, add the sachet and cider, reserving some for the slurry, quickly stepping away to let the steam from the cider safely escape. Finally, stir in the honey and nestle the pork shoulder into the bed of vegetables. Cover and cook for 30 seconds. Transfer the cocotte to the middle rack of the oven to cook for about 4 hours, checking the shoulder after 2½ hours. Use a cake tester to check the resistance. When there's little to no resistance, it's cooked.

BRAISING: PORK SHOULDER À LA MATIGNON

Equipment

Cutting board
Chef's knife
Kitchen twine
7-quart cocotte
Wooden spoon
Cake tester
Mortar & pestle
Small bowl
Whisk
Ladle

While the pork is in the oven, make the rösti (see recipe below).

Remove the cocotte from the oven and bring back to the stovetop over low heat. Remove the pork and sachet and let rest on a rack over a sheet pan. Bring the liquid remaining in the cocotte to a simmer. While it simmers, grind kuzu in a mortar and pestle. Combine kuzu and cider in a small bowl and whisk into a slurry, using enough cider that it's runny and pourable. Stir in about a third of the slurry and add more as you continue cooking to reach your desired thickness. Taste the matignon and adjust salt and acid as needed. Add the Calvados and do a final taste for seasoning. Adjust for acidity with vinegar if needed. Simmer until the flavor is pleasantly concentrated.

TO COMPLETE

Transfer the pork shoulder to a cutting board and remove the twine to slice. Ladle some of the matignon into your serving dish and top with sliced pork shoulder. To plate and serve as Chef Keller does, garnish with watercress and serve with a potato rösti. You'll find the recipe for the rösti on the following page.

BRAISING: PORK SHOULDER À LA MATIGNON

ACCOMPANIMENTS

POTATO RÖSTI:

**Note: You can embellish the rösti recipe to suit your tastes by adding cooked bacon, leeks, garlic, or minced onions to the grated potatoes before they are placed in the pan.*

Mise en place

Ingredients

800 grams (about 1¾ pounds, or 3 large) Yukon Gold potatoes
10 grams kosher salt
100 grams clarified butter (or more, as needed)

Equipment

8-inch sauté pan
Peeler
Mandolin
Measuring spoons
Flat spatula or cake spatula
Turner
Serrated knife

METHOD

Peel the potatoes, then slice them lengthwise on a mandolin. Julienne them lengthwise into to keep the julienne strips as long as possible. Toss the potatoes with the salt and allow them to wilt down and release their liquid for about 5 minutes. Squeeze the potatoes in a lint-free towel to help release any remaining moisture. You may wish to repeat the squeezing and salting a couple of times to get the potatoes pretty dry.

Toss the grated potatoes with 2 tablespoons of clarified butter to evenly coat them. Heat the 8-inch sauté pan over medium-high heat. Add 3 tablespoons of clarified butter to the pan. When the butter just begins to smoke, start placing the grated potatoes in the pan. Use a cake spatula to compact the potatoes tightly into the pan, and flatten them into an even layer that is about an inch thick.

When the rösti begins to brown around the edges, use a cake spatula to gently separate the edge of the potatoes from the pan and take a peek at the bottom of the rösti. Adjust the heat up or down to prevent scorching or sticking to the pan. When the bottom layer is a rich, golden brown color, use a wide spatula to carefully and quickly turn the rösti over.

Pour the remaining butter around the perimeter of the rösti and continue to cook until the other side begins to brown. Reduce the heat to medium-low and cook slowly for about 10 to 15 minutes, until the bottom is well-browned and crisp.

Remove the pan from the oven or stovetop and loosen the edges of the rösti from the pan with a cake spatula. Tilt the pan and coax the rösti out of the pan and onto a serving dish or cutting board. As soon as the rösti is cool enough to handle, sprinkle with chives and cut into wedges, using a serrated knife.

You can make the rösti up to a day ahead. If you do, re-crisp it by putting in a pan with clarified butter and warming it in the oven with the pork.

BRAISING: PORK SHOULDER À LA MATIGNON

LEARN MORE

- You can cook any number of different protein and vegetable combinations à la matignon. The technique works with any large joint of meat that has a lot of connective tissue—lamb shanks, osso buco, oxtail, or even a pot roast. Consider flavor profiles that appeal to you, and focus on ingredients that are in season. For Mediterranean flavors, you could use a vegetable combination of peppers, cauliflower, onions, and tomatoes. Bear in mind that you want to use vegetables that exude liquid, not ones that absorb liquid (such as eggplant). Spices like curry can transform the flavor profile of the dish. Just make sure to preserve the ratio of liquid and vegetables.
- Chef Keller draws an important distinction between a bouquet garni and a sachet. A bouquet garni is always comprised of parsley, thyme, and bay leaf. When making a bouquet garni, you might use the exterior leaves of a leek to wrap the components together. A sachet can contain any herbs you like. Chef Keller wraps his up with cheesecloth. It's easy to remove from the food when you're done cooking with it.

BRAISING: RED WINE BRAISED SHORT RIBS

Chef Thomas Keller / Chapter Thirteen

MASTERCLASS

BRAISING: RED WINE BRAISED SHORT RIBS

"In the winter, I think about food transformation. And right now, we're going to do one of my favorites, which is beef short ribs."

CHAPTER REVIEW

Chef Keller's favorite time of year to cook is winter, when his thoughts turn to comforting braised dishes. Here he braises boneless beef short ribs in red wine, a time-intensive recipe that is worth the patience it requires. Chef Keller starts this dish two days in advance.

As always, use the best quality beef you can find, and only cook with wine that you'd want to drink. Always cook off the alcohol first—or the alcohol will begin to cook your meat. This recipe calls for a mirepoix, which, like a matignon, is a medley of diced vegetables. The difference, Chef Keller explains, is that a mirepoix is ultimately meant to be discarded, not eaten.

After using it to marinate the short ribs, Chef Keller clarifies the red wine marinade—which results in a brighter, purer flavor—and braises the short ribs in it. Finally, he reduces the red wine sauce and strains it, making a glaze for the short ribs.

Chef Keller also demonstrates how to make a cartouche, a parchment paper cover that allows for some evaporation during braising while keeping the meat submerged. Unlike matignon cooking, which aims to retain the liquid that the meat is cooked in, braising reduces the liquid via evaporation during the slow cooking process.

At the satisfying end of a three-day process, Chef Keller serves these short ribs with creamy polenta and mushroom conserva as an earthy complement.

PREP & COOK TIMELINE

Day 1

- Make marinade
  Bring short ribs to temperature
- Marinate
  8 to 12 hours

Day 2

- Clarify marinade (now sauce base)
  Sear short rib portions
- Transfer to oven
  Braise for 3 hours
- Chill overnight in
  braising liquid

Day 3

- Remove short ribs
  from braising liquid
- Simmer and strain
  braising liquid
- Add short ribs to sauté pan
  Add 1/3 liquid
- Baste and
  glaze short ribs
- Finish sauce
  with butter
- Plate and serve

BRAISING: RED WINE BRAISED SHORT RIBS

PROTEIN

FOR THE MARINADE

Mise en place

Ingredients

1 bottle red wine
75 grams carrots, cut into a 1-inch dice
75 grams leeks, cut into 1-inch dice
75 grams onions, cut into a 1-inch dice
3 garlic cloves, smashed
1 bouquet garni (ingredients below)

FOR THE BOUQUET GARNI

10 Italian parsley sprigs
2 thyme sprigs
1 bay leaf
Peppercorns

Equipment

Sauce pot
Blowtorch (or barbeque lighter)
1-gallon sealable plastic bag
6-quart storage container

METHOD

Bring the red wine to a simmer in a sauce pot over low heat. Add the mirepoix and bouquet garni. Use a blowtorch to burn off the alcohol. (If you don't have access to a blowtorch, you can use a barbeque lighter as an alternative.) Continue to simmer the marinade until the flame from the alcohol goes out; continue until you no longer smell hot alcohol aroma. Turn off the heat and transfer the marinade to a container lined with a sealable plastic bag and chill completely.

BRAISING: RED WINE BRAISED SHORT RIBS

PROTEIN

FOR THE SHORT RIBS

Mise en place

Ingredients

6 pieces boneless short ribs, 7 oz each / 210 grams per portion*
Canola oil, for browning meat
Kosher salt
All-purpose flour
700 grams roasted veal stock**
700 grams light chicken stock**
Butter
Freshly cracked pepper
Sel gris
Chives, for garnish

**Ingredient note:* Talk to your butcher if you want to get a short rib plate, like Chef Keller uses in the video lesson. Give your butcher the exact code for the cut, 123D short rib, which is about 3 pounds, untrimmed. In the video, the meat has already been trimmed of extraneous fat and sinew—you can ask your butcher to do this. If you can't source this cut, you can buy short ribs on the bone and trim it off the bone. The technique is applicable regardless of portion size.

***Ingredient note:* Chef Keller teaches you how to make roasted veal stock in Chapter 16: Roasted Veal Stock and chicken stock in Chapter 17: Light Chicken Stock. Also note that these quantities can change depending on the size and shape of your cooking vessel. What's important is that you completely cover the meat. Adjust to ensure that your meat is submerged.

METHOD

DAY 1:

Trim the excess fat from the meat and cut each piece against the grain into approximately six 7-ounce portions. If you have small boneless short ribs, there is no need to split them in half. Reserve any trimmings to make ground beef. Place the meat in the plastic bag-lined container with the chilled marinade and refrigerate for 12 to 16 hours.

DAY 2:

Preheat the oven to 275°F. Remove the meat and the bouquet garni from the marinade. Transfer the marinade (including the mirepoix) into a saucepan and bring to a simmer. Clarify the liquid by skimming off the impurities that rise to the top. When thoroughly clarified, the marinade will return to the vibrant color of the wine. Remove from heat.

Heat ¼ inch of canola oil in a sauté pan over high heat. Season both sides of each piece of meat with salt and dredge in flour, patting off the excess. When the oil is shimmering, add the meat and cook for 2 to 3 minutes on all sides. Because of the red wine, when the meat is properly browned it will be dark brown with a purple tint rather the golden brown we're most familiar with. When all sides have browned, transfer to a paper towel-lined rack.

Pour off the excess oil from the pan, leaving the bits stuck to the bottom of the pan for deglazing.* Return to heat and add the clarified marinade. Add the short ribs, veal stock, light chicken stock, and bouquet garni. The meat should be covered with liquid; if it's not, add more veal and chicken stock as necessary.

Bring the liquid to a simmer on the stove. Cover with a cartouche—a parchment paper lid with a hole in the middle—transfer to the oven, and braise for about 3 hours,

BRAISING: RED WINE BRAISED SHORT RIBS

Equipment

Cutting board
Knife
Bowl
Ladle
Peltex spatula
Sheet pans lined with paper towels
12-inch sauté pan
Parchment paper
Kitchen shears
Cake tester
Large kitchen spoon
13-by-9-inch ceramic baking dish
Plastic wrap
3-quart saucepan
Chinois
5-quart sauté pan
Spoon

or until the meat is so tender that a cake tester slides right through, as if it were butter. (Note that you should use the cake tester to determine doneness, the time is only a guideline.) Transfer the meat to a ceramic baking dish and carefully pour the cooking liquid over the meat. Cover with the cartouche and let cool; then cover with plastic wrap and let rest overnight in the refrigerator.

DAY 3

Remove the meat from the baking dish and transfer the remaining braising liquid to a sauce pot. Bring to a simmer. Strain the liquid through a chinois, tapping the edge of the chinois with a spoon to help the liquid through. Discard the remnants of the mirepoix.

Place the meat into a saute pan. Add a third of the strained braising liquid and add enough light chicken stock to slightly reduce the viscosity, starting with a couple of ounces.** Bring the liquid to a simmer, basting the meat and allowing the sauce to glaze it. Reduce until it is a sauce consistency. Finish the sauce with butter for a velvety texture.

****Note:*** Deglazing is the process of removing and dissolving the bits that stick to the bottom of the pan by adding liquid.

*****Note:*** The amount you need to use is based on the surface area of your pan. The wider your pan, the more you need to add. The goal is to have enough liquid in the pan to heat the short rib through and glaze it, but without having a ton of liquid left. You don't want the meat to be sitting in a soup, but you also don't want the liquid to turn to syrup and have a cold center.

If not serving immediately, remove the pan from the heat and cover the meat with a lid or another cartouche. Keep in a warm spot or in a 300°F oven until ready to serve, or for up to 45 minutes.

To plate and serve as Chef Keller does, follow the additional recipes on the following pages.

BRAISING: RED WINE BRAISED SHORT RIBS

ACCOMPANIMENTS

FOR THE MUSHROOM CONSERVA

Mise en place

Ingredients

1 kilogram assorted mushrooms of your choice
Extra virgin olive oil, enough to cover mushrooms in the pot
2 bay leaves
4 thyme sprigs
1 rosemary sprig
½ gram Piment d'Espelette (or chile flakes)
45 grams sherry vinegar
10 grams kosher salt

Equipment

Heavy pot
Whisk
Rubber spatula
Glass jar with lid, for storage

METHOD

Clean the mushrooms and cut them into bite-sized pieces. Combine the olive oil, herbs, and chile flakes. Heat the oil to 170°F, add the mushrooms and stir. Bring the temperature back to 170°F. Cook for 5 minutes. Remove from heat and stir in the vinegar and salt. Allow to steep for 45 minutes. Transfer to clean covered storage container. Store in the fridge for up to 1 week.

FOR THE POLENTA

Mise en place

Ingredients

700 grams chicken stock or vegetable stock
2 garlic cloves, peeled and minced
10 grams kosher salt
300 grams polenta, Moretti brand
300 grams whole milk
150 grams unsalted butter, cubed
Extra virgin olive oil, to finish

Equipment

Whisk
Saucepot

METHOD

Combine the stock, garlic, and kosher salt in a large saucepan and bring to a boil. Pour in the polenta in a stream and cook over low heat, whisking often, for 17 to 20 minutes, until the polenta is quite dry and coats the bottom of the pan. The moisture must evaporate, because it will be replaced with fat; otherwise, the texture could be gummy.

Meanwhile, warm the milk in a small saucepan.

Increase the heat under the polenta to medium and stir in butter. Add the milk about one quarter at a time, letting the polenta absorb it each time before adding more. Season to taste with kosher salt if needed. Adjust butter as needed.

Spoon polenta into your serving dish, top with short ribs, and garnish with freshly cracked black pepper, sel gris, and chives. Serve the mushroom conserva alongside.

BRAISING: RED WINE BRAISED SHORT RIBS

LEARN MORE

Many other proteins lend themselves beautifully to this braising technique, including beef cheeks, lamb and veal shanks, and pork shoulder. You can also make this recipe with chicken for a result similar to the preparation in coq au vin. If you eliminate the step of searing the meat, you can apply this technique to veal to make blanquette de veau on page 226 of *Bouchon*. To learn the technique for the sauce used in blanquette de veau, see Chapter 20: Chicken Velouté.

Chef Keller refers to the cut of meat for this dish as a top plate, but your local butcher might use slightly different language. To help you communicate the specific cut you are looking for, refer to the Meat Buyer's Guide, the industry standard created by the North American Meat Processors Association.

GRILLING ON A HIBACHI: STEAK, LAMB CHOPS, AND CHICKEN

Chef Thomas Keller / Chapter Fourteen

MASTERCLASS

GRILLING ON A HIBACHI: STEAK, LAMB CHOPS, AND CHICKEN

"When summer rolls around, what do we start to think about when we think about food? We think about grilling. So what can you grill and what can't you grill? You can grill almost anything."

CHAPTER REVIEW

Backyard cookouts are a summertime staple. But Chef Keller enjoys grilling throughout the year—and not just steaks and burgers. Chef Keller teaches you how to grill all kinds of ingredients indoors, using a stovetop hibachi.

What you use as fuel is a matter of personal preference. Chef Keller runs through several options, including aged hardwood, such as oak, and any number of fruit tree woods. Different fuels burn at different temperatures and impart different flavors. Go with what appeals to you, though Chef Keller urges you to shy away from the cheap charcoal briquettes of his childhood, which are made of compressed scraps of wood and sawdust. Chef Keller's personal preference is for binchotan, a Japanese charcoal that burns at a lower temperature than hardwood charcoal but lasts much longer. Chef Keller tests the charcoal's readiness by holding his hand six inches above the grill; the heat should be intense enough that he has to pull his hand away in two seconds or less.

As with so much cooking, patience and attentiveness are key to grilling; keep a close watch on your ingredients as they grill. Safety is also crucial. Although grilling shouldn't produce more smoke than other techniques, such as sautéing, it pays to take precautions. Make sure you're working directly beneath a hood in a well-ventilated kitchen. Chef Keller always keeps a spray bottle of water nearby, which he uses in case of flareups.

The small grates of a hibachi will not leave grill marks on your food (those are more common when you're cooking on a covered grill with larger grates), but the binchotan will impart a wonderful woodsy flavor. Chef Keller seasons these mixed grills lightly, finishing them with salt, olive oil, and lemon.

GRILLING ON A HIBACHI: STEAK, LAMB CHOPS, AND CHICKEN

FOR THE GRILL

Mise en place

Ingredients

Yellow and red onions
Lamb chops, single bone chop, about 4 to 5 ounces
Boneless chicken breast, skin on, 6 to 7 ounces
Chicken tender
Chicken drumstick
Beef sirloin, 5 to 6-ounce pieces, about 1 inch thick
Eggplant and garlic confit (recipe below)
Canola oil
Kosher salt
Olive oil
Lemon
Sel gris

Equipment

Hibachi grill
Tongs*
Flexible spatula
Spray bottle
Platter
Large serving spoon

****Equipment note:*** Use whatever tongs you feel comfortable with that won't damage the product—the smallest size possible that will protect you from the heat and hold the meat securely without damaging it.

METHOD

TO START THE COALS:

Chef Keller uses binchotan charcoal from Japan. Use a chimney starter and follow the instructions from the manufacturer.

FOR THE MIXED GRILL:

Add the binchotan to the base of the hibachi and cover with grates. The air vents should be open about halfway.

Drizzle the onions with oil and season with salt. Arrange on the grill top.

Brush the meats with oil and season with salt. Arrange on the grill top. Since the meat proteins have more fat than the vegetables, flare ups are more likely so keep your spray bottle handy.

Each ingredient will have a slightly different cook time and you won't see grill marks cooking over open fire like you would with a closed grill. Look for browning and flip each vegetable and meat to brown both sides. Test the resistance to test for doneness.

Using tongs, transfer each ingredient to a serving platter as it finishes. Drizzle with olive oil and a squeeze of lemon, sprinkle with sel gris, and top with the charred onions.

To serve with the eggplant and garlic confit as Chef Keller does, follow the accompanying recipe on the following page.

GRILLING ON A HIBACHI: STEAK, LAMB CHOPS, AND CHICKEN

ACCOMPANIMENTS

FOR THE CONFIT:

Note: Chef Keller demonstrates how to make this confit in Chapter 14: Confit: Eggplant & Garlic of his first MasterClass.

Mise en place

Ingredients

3 Chinese eggplants
12 garlic cloves, peeled, stems trimmed
2 liters neutral-flavored, plant-based oil
1 bouquet garni (recipe below)
Aged balsamic vinegar
Fresh oregano
Kosher salt
Maldon sea salt

Equipment

Cutting board
Chef's knife
Baking dish
Thermometer
4-quart saucepot for heating oil
Ladle
Nogent fish spatula
Sheet pan lined with paper towels
Wire cake rack (optional)

FOR THE BOUQUET GARNI:

Ingredients

3 leek leaves
5 sprigs Italian parsley
5 sprigs thyme
2 bay leaves

Equipment

Kitchen shears
Butcher's twine
Cheesecloth

METHOD

Make the bouquet garni by wrapping leek leaves, Italian parsley sprigs, thyme sprigs, and bay leaves in cheesecloth and tie as you tied the asparagus bundles (in Chapter Eight).

Remove the tops and bottoms of the eggplants and cut them in half lengthwise. Score their flesh in a crosshatch pattern and lightly salt them so that the salt can penetrate the flesh and draw out moisture and bitterness. Rest flesh side down 25 minutes on a paper towel–lined sheet pan. then, lay eggplants flesh side down in the baking dish and add the garlic and bouquet garni. Heat oil to 250°F then carefully ladle the oil over the eggplants. If the eggplants float, you may add a wire cake rack over the eggplants to keep them submerged. Put the baking dish into a 300°F oven and check for tenderness after 45 minutes. The ideal texture of the eggplant should be creamy and have no resistance. For prolonged storage up to 1 week, keep the eggplant submerged in the oil in an airtight container inside the refrigerator.

If serving right away, remove the eggplants and garlic and allow them to drain on a paper towel–lined sheet pan. Chef Keller suggests using the remaining oil in vinaigrettes or in sautéing since it hasn't reached its smoke point and is still useable. Arrange the eggplants on a serving platter along with the confit garlic. Finish with a drizzle of balsamic vinegar, herbs of your choice, and a sprinkling of Maldon salt.

GRILLING ON A HIBACHI: STEAK, LAMB CHOPS, AND CHICKEN

LEARN MORE

You are probably familiar with charcoal briquettes—they're the least expensive and most common charcoal to use. They're made of sawdust and other ingredients compressed into the briquette shape. They're easy to use but offer poor cooking characteristics and potential for off flavors. Chef Keller doesn't recommend them. Hardwood charcoal, also known as lump charcoal, chunk charcoal, and char wood, is made out of solid pieces of wood that are heated at a high temperature in an oxygen-starved environment, sometimes for as long as several days. Hickory, oak, and mesquite are three of the most common hardwoods used for charcoal, but fruit tree woods, such as apple and cherry, are also popular. While hardwood charcoal costs more than charcoal briquettes, the extra expense gives you a hotter burning fuel that is better for direct grilling and free of any unnatural flavors. Binchotan, the Japanese hardwood charcoal that Chef Keller prefers, is made from ubame oak, a tree native to the Wakayama Prefecture. Its distinctive hard and smooth texture derives from a process of steaming the oak at an extremely high temperature. While the term binchotan is now widely applied to a range of hardwood charcoals, including some produced outside Japan, a movement is afoot to protect the designation by limiting it to charcoals from the Wakayama Prefecture.

STOCKS, BROTHS, AND JUS: AN OVERVIEW

Chef Thomas Keller / Chapter Fifteen

MASTERCLASS

STOCKS, BROTHS, AND JUS: AN OVERVIEW

"This is the base for everything else that you're going to do. And that's why it's so valuable to learn how to do this and so valuable to have it at home. It's a life changer."

CHAPTER REVIEW

Stocks are a commitment. They take time and effort. But they're essential building blocks in Chef Keller's restaurant kitchens. They can make a profound difference in your kitchen, too. Here, Chef Keller lays out his stock fundamentals, from the ingredients and techniques involved in stock-making to the broader applications of stocks themselves. He starts with definitions. As a general rule, a stock is made from bones, where a broth is made from meat and other protein trimmings. Neither is to be confused with a jus, which is made with pan-drippings from a roast. The cookware you'll use will depend on the type of stock you're making. The longer the cooking time—roasted veal stock, for instance, is far more time-intensive than chicken or fish stock—the larger the pot you'll need.

Chef Keller starts his stocks with a mirepoix, a mixture of aromatic vegetables that are ultimately discarded. Classically, a mirepoix includes onions, carrots, and celery. In Chef Keller's kitchens, he prefers to use onions, leeks, and carrots, as celery has a very strong flavor and he finds that leeks give better sweetness. He uses a variety of bones and tendons, cut to expose as much surface area as possible; the gelatin from them imparts viscosity and flavor. Stocks are often made with roasted bones, a traditional approach that adds flavor and color. Chef Keller notes those benefits but says that he does not use roasted bones for stocks in his restaurants. He finds his stocks to be more versatile without the roasted-bone flavor. For color, Chef Keller says you can use brûléed, or burnt, onions, and tomatoes.

In this introduction, Chef Keller focuses largely on two stocks: chicken and veal. In subsequent chapters, he will show you how to make them as well as how to use them in sauces. Stock-making in restaurants is often different from stock-making at home, and not just in the quantities produced. At The French Laundry, it takes three days to make veal stock. But Chef Keller has developed a far less time-intensive method for home cooks using a pressure cooker that produces wonderful results. Making this quicker veal stock is still a commitment. But it's an invaluable pantry item, Chef Keller says, one that will change the way you cook more than any other.

ROASTED VEAL STOCK

Chef Thomas Keller / Chapter Sixteen

MASTERCLASS

ROASTED VEAL STOCK

"This is going to be the foundation for a number of different sauces that we're going to make."

CHAPTER REVIEW

Veal stock is an essential item at The French Laundry, but the method used to make it takes three days. This is a faster, simpler veal stock recipe that Chef Keller developed for home cooks. It uses a pressure cooker and takes hours—rather than days—but it also yields wonderfully versatile results. In a pressure cooker, the ingredients are steamed, not simmered, so they give off fewer impurities. As a consequence, the stock requires little to no skimming during cooking, though you will want to skim the fat after it has chilled. The stock has a beautiful clarity, and a lush color that comes from three sources: roasted veal bones, brûléed onions, and tomatoes.

The cooking time for this home recipe may vary depending on your pressure cooker and the strength of your burner. But timing isn't critical. Reading the gauge on your pressure is the key.

Chef Keller urges you to have all your ingredients prepped and ready before you start cooking. It will make the process smoother. Some of the ingredients, such as calf's feet, may be difficult to find. All the more reason, Chef Keller says, to cultivate a relationship with your local butcher or grocer, who can work with you on getting what you need. This recipe will yield around 4 liters of veal stock, which you can refrigerate or freeze.

PREP & COOK TIMELINE

Day 1

- Prep vegetables
- Cut meat from bones
- Roast bones
Start pressure cooker
- Char onion
Add tomatoes
- Add bones
to pressure cooker
- Deglaze
roasting pan
- Add liquid to
pressure cooker
- Add vegetables, aromatics,
calf's foot, hot water
- Cook stock
- Skim, strain, fine strain
- Chill overnight

Day 2

- Skim solidified fat
- Store until ready to use

ROASTED VEAL STOCK

STOCK

Mise en place

Ingredients

3.2 kilograms (7 ½ pounds) veal osso bucco or meaty neck bones
60 grams (2 ounces) canola oil
500 grams (1 pound, or 5 large roma tomatoes, coarsely diced into ¾-inch pieces
1 calf's foot, split (optional but recommended)
250 grams (½ pound, or 1 medium) onion, bruléed
500 grams (1 pound, or 2 medium) onions, peeled and sliced ⅜-inch thick
500 grams (1 pound) carrots, peeled and sliced ⅜-inch thick
4 garlic cloves, smashed
10 thyme sprigs
1 fresh bay leaf
4 liters (4 quarts) water

****Ingredient note:*** substitute same beef products if veal is not available)

Equipment

14-quart stainless steel pressure cooker
Large roasting pan
Mixing bowl
Flat wooden spoon
Skimmer
Coarse strainer
Chinois
2 heat-resistant 6-quart containers

METHOD

Preheat oven to 425°F. If you have a convection oven, use convection for more efficient browning. Convection is not required, though.

Dry the bones, cut the meat away, and slice the meat into ½-inch pieces. In a large bowl, toss the meat and bones in the oil to evenly coat, then arrange in a single layer in the roasting pan. Place the bones in the oven and roast; check after about 30 minutes and stir to expose unbrowned surfaces. Cook until they are deeply caramelized to a mahogany color, about 45 minutes. Continue roasting longer if necessary to achieve the color.

While the bones are roasting, heat the pressure cooker over medium-high heat. Split one onion in half and remove the skin. Add about 3 tablespoons* oil to the pressure cooker and place the onion halves, cut side down, in the pressure cooker and swirl them around in the oil. Continue cooking until the onion is well-charred and black, about 10 minutes.
****Note:*** The exact amount is not important because the oil will all get skimmed off later in the cooking process.

Remove the charred onion brûlée and set aside. Reduce the heat to medium then add the diced tomatoes. Continue cooking the tomatoes, stirring occasionally, until they begin to caramelize and the liquid is reduced—listen for them to stop sizzling.

Deglaze the pressure cooker with a little water; then allow it to re-caramelize as before.
****Note:*** You don't see Chef Keller do this step in the video lesson, but he recommends that you do this to achieve more color and depth of flavor.

ROASTED VEAL STOCK

Remove the pressure cooker from the heat and take the veal out of the oven. Add the bones to the pressure cooker. Place the empty roasting pan on the stove over medium heat and deglaze the pan with half a liter of water. Use a wooden spoon to scrape up and dissolve as much of the caramelized juices from the pan as possible.

Pour the jus into the pressure cooker. Add brûléed onions, mirepoix vegetables, herbs, and the calf's foot (if using). Add 3½ liters of hot water to the pressure cooker, submerging everything inside. Stir the contents of the pressure cooker; then put the lid on and seal it. Begin bringing to pressure over medium heat and cook until it reaches 15 PSI.

Once it reaches 15 PSI, turn down the heat and set the temperature to maintain 15 PSI for 90 minutes. After 90 minutes, turn off the heat and allow the pressure to be released naturally.

Remove the lid from the pressure cooker and scoop the bones and vegetables into a heat-resistant bowl using a skimmer. You may reserve the cooked meat for other uses or discard.

Carefully strain the contents through a coarse strainer—which Chef Keller calls a China cap—into a heat-resistant container. Allow the solids to drain thoroughly. Strain the liquid again through the chinois into a second, clean container. Tap the rim of the strainer with a spoon to speed up the process. Let the container of stock cool by placing a lid or something else under part of the container, creating a passageway for air to circulate underneath the bottom. Then, transfer to an ice bath or the refrigerator and let it cool overnight.

Once chilled, remove the solidified fat on the surface of the stock and discard. The stock may now be used or divided into sealed containers and frozen for prolonged storage. If you pour it hot into a container and store in the refrigerator, it will stay good for three days; after that, reboil it and restore. In the freezer, it will stay good for a month.

ROASTED VEAL STOCK

LEARN MORE

Originally known as a "steam digester," the pressure cooker was invented in 1679 by a French physicist named Denis Papin as a tool for cutting the cooking time for a variety of ingredients. Centuries later, its purpose is the same, but the pressure cooker itself has evolved. First-generation pressure cookers often only allowed for one pressure setting and had a valve that jiggled loudly when steam was released. Many home cooks found that rattling sound unnerving, and not without reason; in those early models, safety issues surrounding pressure cookers were a legitimate concern. But those concerns have long since been addressed. In modern pressure cookers, multiple safety features have made exploding lids and sauce-splattered ceilings a distant memory. Most of today's pressure cookers come with multiple pressure settings and do not release steam during cooking. More recent years have seen the advent of electric pressure cookers and multifunctional pressure cookers that can be used for braising, browning, yogurt-making, and more. Pressure cookers also come in a range of sizes that will influence, in part, what you want to make in them. Read the instructional manual on your pressure cooker so you understand its features and what they are best suited for.

You can make this recipe on the stovetop in an uncovered pot; you'll have to cook it a lot longer (about 8 hours), and due to evaporation in an open pot, you'll have to adjust by adding more water throughout the process. How much water you need to add depends on how much water is evaporating from the stock—every burner, every pot is different. A good starting point is to double the water. You'll also want to make sure that the bones are always submerged throughout the cooking process. It is also recommended that you skim impurities from the surface regularly. Cook at a gentle simmer. For a demonstration of skimming and simmering, See Chapter 17: Light Chicken Stock.

If you choose to reserve the cooked veal meat for another use, you can incorporate it into pasta filling or enchiladas. Because of the long cooking process, the meat may be stringy and not optimal as the focal point of a meal, but it makes a great filling.

LIGHT CHICKEN STOCK

Chef Thomas Keller / Chapter Seventeen

MASTERCLASS

LIGHT CHICKEN STOCK

"We typically cook our chicken stock in our restaurants for just 45 minutes after they come to a simmer. It's a 45 minute low simmer process, which results in a beautiful, clear light chicken stock."

CHAPTER REVIEW

This light, golden chicken stock is the workhorse of Chef Keller's restaurant kitchens. At The French Laundry, it's used for cooking pasta and as a building block for sauces. Reduced and fortified, it can be turned into a delicious soup. "Light" describes its color. But what Chef Keller means by "light" is that it cooks for a relatively short time, around 45 minutes at a simmer.

Though the recipe is uncomplicated, it involves some important steps. Start by cleaning your chicken parts thoroughly—necks, backs, legs and all—removing any blood bits, liver, heart, or other impurities. The cleaner your chicken, the brighter the flavors of your stock will be. During the cooking process, never let your stock come to a boil. Violent cooking will break down the chicken bones and mirepoix, which will cloud your stock. A gentle simmer is what you want, keeping the pot slightly off-center on the burner to that the impurities gather to one side. Skim constantly as you go, keeping a bain-marie filled with warm water nearby so you can clean your ladle. Even as you remove impurities, you want to save the chicken fat, or schmaltz. Chef Keller shows you a trick for doing this: he adds ice to the pot, which makes the fat solidify near the surface. When your chicken stock is finished, you can use it right away, or measure it out and freeze it in specific quantities. You can also refrigerate it. Either way, be sure to label and date it. At The French Laundry, refrigerated stock is always reboiled after three days. Chef Keller recommends that you do the same with yours.

PREP & COOK TIMELINE

LIGHT CHICKEN STOCK

STOCK

Mise en place

Ingredientss

2.25 kilograms chicken bones, neck, and backs
500 grams chicken feet (optional)
225 grams carrots, cut into 1-inch chunks
225 grams leeks, cut into 1-inch chunks, white and light green parts only
225 grams onions, cut into 1-inch chunks
6 liters water
1 bay leaf
1 bouquet garni (recipe below)

Equipment

Colander
Bowl
Spider
12-quart stockpot
Wooden spoon
Ladle
Ice bath (large enough to hold the container of stock)
China cap or coarse-mesh strainer
Fine-mesh chinois
Plastic container

FOR THE BOUQUET GARNI:

Ingredients

3 leek leaves
5 Italian parsley sprigs
5 thyme sprigs
2 bay leaves

Equipment

Kitchen shears
Butcher's twine
Cheesecloth

METHOD

Make the bouquet garni by wrapping leek leaves, Italian parsley sprigs, thyme sprigs, and bay leaves in cheesecloth and tie as you tied the asparagus bundles (in Chapter Eight).

Remove and discard any organs that are still attached to the bones. Rinse the bones, necks, backs, and chicken feet, if using, thoroughly under cold water. Use your hands to move the bones around in the water. Change the water as needed until there are no traces of blood.

Place all of the bones and the feet in a 12-quart stockpot, cover with cold water, and slowly bring the liquid to a simmer. Don't let the stock come to a full boil or it will break down the bones and vegetables and create a cloudy stock. Skim off any impurities as they rise to the top, avoiding the chicken fat or schmaltz—the golden liquid forming at the surface. Skim off as much of the impurities as possible. Once the vegetables have been added, skimming will become more difficult. Once the liquid is at a simmer, add 2 quarts ice, turn off the heat, and then remove the golden fat and set aside.

Add the remaining ingredients and slowly bring the liquid back to a simmer for 45 minutes, skimming frequently.

Set a China cap or coarse-mesh strainer over a container large enough to hold at least 8 liters. Turn off the heat. Use a spider to remove the bones and larger vegetables. Use a ladle to scoop any remaining smaller particles and transfer to the strainer set in the container. Do not press on the solids in the strainer or force through any liquid that does

LIGHT CHICKEN STOCK

not pass on its own or the stock will become cloudy. Pour the remaining stock through the strainer. Discard any stock that is cloudy with impurities that settle near the bottom of the pot.

Repeat the straining process with a fine-mesh chinois over a container, ladling the stock into the sieve. Place the container in the ice bath to quickly chill down the stock, stirring occasionally until there are no more traces of steam. Store in the refrigerator. Make sure to remove the solidified fat before use. Reboil after 3 days, or freeze in several containers for longer storage.

LIGHT CHICKEN STOCK

LEARN MORE

Stocks are often confused for broths, and consommés are often confused with both stocks and broths. Consommé is a French word that means "to make perfect and complete." That's an apt term for the clarified and concentrated stock or broth that we know as a consommé. There are a number of methods for making a beautifully clarified consommé. All involve using egg whites, which help form a raft of solids at the surface of the stock or broth. Those solids are then skimmed off, and the broth or stock strained. In a dark stock like veal stock, the effect of clarifying into a consommé is more pronounced. Chicken stock is already fairly clear, so clarifying it further into consommé is more work than it merits.

Schmaltz is rendered chicken fat. You can use the fat that accumulates on top of the stock in a variety of ways. Chef Keller recommends heating it over low heat to evaporate off all the water and straining it to remove impurities. You can roast potatoes or root vegetables with it, or make latkes with it. Store in an airtight container in the fridge for 2 weeks and freeze after that.

SAUCES: AN OVERVIEW

Chef Thomas Keller / Chapter Eighteen

MASTERCLASS

SAUCES: AN OVERVIEW

"One of the positions that we all aspired to be was a saucier. As a chef de partie, that was the pinnacle. That's what we all wanted to be. We wanted to be the saucier so we can learn the magic of sauces."

CHAPTER REVIEW

"Sauce" is a broad term that can mean different things to different people. Vinaigrettes are sometimes classified as sauces, as are pickled-vegetable chow chows and other condiments. In his first MasterClass, Chef Keller demonstrated how to make a classic hollandaise sauce, which can stand on its own but also serves as the building block for Béarnaise sauce, Choron sauce, Foyot sauce, and other staples from the French culinary canon.

Although Chef Keller defines sauces in a broad sense, his favorites are those that use stocks, especially the versatile veal stock, as a base. These sauces can be complicated and time-consuming. But there are also such things as quick-sauces, which are less involved but have many of the same magical qualities that Chef Keller looks for in his sauces. These are the sauces you'll be learning to make here.

VINAIGRETTE, EMULSIFIED VINAIGRETTE, SAUCE VIERGE, AND PICKLED CHOW CHOW VINAIGRETTE

Chef Thomas Keller / Chapter Nineteen

MASTERCLASS

VINAIGRETTE, EMULSIFIED VINAIGRETTE, SAUCE VIERGE, AND PICKLED CHOW CHOW VINAIGRETTE

"When we're making our vinaigrettes and our different sauces we can use olive oil or we can use any other oil that we like. . . There's all different kinds of vinegars and oils that you can use. So don't take anything as a rule."

CHAPTER REVIEW

In its simplest form, a vinaigrette is a mix of oil and vinegar—something to dip our bread in, or toss as dressing in our salads. But vinaigrettes are varied and versatile. They can be made with myriad ingredients, and put to nearly endless uses. Here, Chef Keller offers a taste of their range, making an assortment of vinaigrettes, including a basic oil-and-vinegar vinaigrette; a creamy vinaigrette, emulsified with a raw egg yolk and mustard; and a chow chow vinaigrette, from a medley of chopped and pickled vegetables. He also shows you how to make a sauce vierge, which, though technically a vinaigrette, is elegant enough to deserve its name. Different culinary traditions have given rise to different vinaigrettes. In Italy, a traditional vinaigrette is made with olive oil and balsamic vinegar. In France, the traditional combination is a neutral oil, such as grapeseed, with red wine vinegar. Typically, a vinaigrette has a ratio of three-parts oil to one-part vinegar. But Chef Keller says not to be confined by rules. He encourages you to balance and season your vinaigrettes to your taste, and to experiment with different oils and vinegars. If you'd rather use citrus as your acid instead—lemon or lime or grapefruit, to name just a few—go ahead. Try marrying your vinaigrettes with different dishes. They're delicious with meat, fish, poultry, vegetables, and eggs. And yes, they're also great as salad dressings, or for dipping bread.

VINAIGRETTE, EMULSIFIED VINAIGRETTE, SAUCE VIERGE, AND PICKLED CHOW CHOW VINAIGRETTE

EMULSIFIED VINAIGRETTE

Mise en place

½ liter yield

Ingredients

1 egg yolk, raw*
2.5 grams garlic
10 grams shallots, minced
1 gram fresh thyme
375 grams olive oil
100 grams balsamic vinegar
Dijon mustard (to taste)

**Ingredient note:* If you're uncomfortable eating raw egg, you can make the emulsified vinaigrette without the egg, as the mustard acts as the binding agent.

Equipment

Chef's knife
Cutting board
Mixing bowl
Spoon
Whisk
Rasp grater

METHOD

Combine egg yolks, mustard, shallots, and thyme leaves in a mixing bowl. Begin drizzling in the oil while whisking constantly. Continue doing so until the ingredients begin to emulsify. A single egg yolk can absorb a large quantity of oil. Drizzle in vinegar and continue whisking. Taste as you go, and adjust the flavors to your liking.

A vinaigrette can be stored in your refrigerator in a sealed container for a week.

VINAIGRETTE, EMULSIFIED VINAIGRETTE, SAUCE VIERGE, AND PICKLED CHOW CHOW VINAIGRETTE

SAUCE VIERGE

Mise en place

½ liter yield

Ingredients

125 grams of tomatoes, peeled, cored, and diced
15 grams vinegar of your choice*
5 grams shallots, minced
35 grams extra virgin olive oil
Maldon salt, to taste
Pinch of parsley, minced
Lemon, to taste

****Ingredient note:*** In this lesson, Chef Keller uses balsamic vinegar. In his first MasterClass, he uses champagne vinegar when he makes sauce vierge. You can use either vinegar, according to your preference.

Equipment

Mixing bowl
Spoon

METHOD

Place the diced tomatoes and minced shallots into a mixing bowl. Add enough olive oil to thoroughly coat and absorb into the tomatoes. Gently fold in the chopped parsley and season with Maldon salt, balsamic vinegar, and a squeeze of fresh lemon juice.

VINAIGRETTE, EMULSIFIED VINAIGRETTE, SAUCE VIERGE, AND PICKLED CHOW CHOW VINAIGRETTE

CHOW CHOW VINAIGRETTE

Mise en place

Ingredients

150 grams pickled vegetables (recipe below)
Whole grain mustard, to taste
10 grams minced shallot
60 grams olive oil
35 grams pickling liquid from pickled vegetables
Juice from half a lemon, about 20 grams
Kosher salt, to taste
Minced chives, to taste

Equipment

Cutting board
Chef's knife
Spoons
Mixing bowl
Fork
Whisk

FOR THE PICKLED VEGETABLES

Note: The quantity of vegetables is proportional to the size of pickling jar used; both can be varied according to your needs.

Ingredients

200 grams sugar
400 grams water
200 grams white wine vinegar
Thyme sprigs
Mustard seeds
4 cloves garlic, peeled and lightly crushed
85 grams cauliflower florets
Red pearl onions, halved
100 grams cucumbers, oblique cut
75 grams radishes, quartered
35 grams jingle bell peppers or other small variety

Equipment

Cutting board
Paring knife
Canning jar
3-quart saucepot

METHOD

FOR THE PICKLED VEGETABLES:

When preparing your vegetables, cut them to a size that is as uniform as possible for consistent pickling. Add the mixed vegetables to the canning jar. Combine water, vinegar, sugar, thyme, mustard seeds, and garlic in a saucepot and bring to a simmer. Pour the hot pickling liquid over vegetables to submerge them and seal the jar. Chill and store the jar in the refrigerator.

FOR THE CHOW CHOW VINAIGRETTE:

Remove the pickled vegetables from jar and chop. Place in bowl with mustard, olive oil, shallots and vinegar, and mix gently. Add a squeeze of lemon juice, sprinkle with salt, and stir. Garnish with chives.

VINAIGRETTE, EMULSIFIED VINAIGRETTE, SAUCE VIERGE, AND PICKLED CHOW CHOW VINAIGRETTE

LEARN MORE

Sauce vierge was created and popularized by the great French chef Michel Guérard, and is a famous example of his *cuisine minceur*, a lighter spin on traditional nouvelle cuisine. Guérard began developing cuisine minceur in the early 1970s at a spa and resort that he and his wife ran in Eugénie-les-Bains, about 500 miles outside of Paris. In keeping with the health-conscious ethos of the property's ethos, Guérard's food was characteristized by bright, vivid flavors that drew on far less butter, cream, and other fats than many French dishes of the past. A pioneering figure, Guérard was also part of a vanguard of talented French chefs, led by Paul Bocuse, that included Roger Vergé, Alain Chapel, Raymond Oliver, among others.

Sauce vierge is incredibly versatile. Chef Keller suggests dressing a salad with it or using it atop melted zucchini, as he demonstrates in Chapter 15: Roasting: Zucchini of his first MasterClass. You could also garnish chicken paillard with it, as shown in Chapter 3: Chicken Paillard of this class, or use it with fish or eggs.

CHICKEN VELOUTÉ AND SAUCES SUPRÊME, ALLEMANDE, AND ALBUFERA

Chef Thomas Keller / Chapter Twenty

MASTERCLASS

CHICKEN VELOUTÉ, SAUCES SUPRÊME, ALLEMANDE, AND ALBUFERA

"That very luxurious, velvety texture is so indicative of a velouté."

CHAPTER REVIEW

Chef Keller's chicken velouté begins with the light stock from Chapter 17 and a hydrocolloid—which is simply something that thickens water. In this case, Chef Keller uses flour, the most common hydrocolloid, to make two types of thickener: a roux and a beurre manié.

A classic roux consists of equal parts butter and flour, which are mixed into a paste, heated in a sauce pot until evenly combined, and covered and baked in the oven. Roux can be made ahead of time in large batches, refrigerated, chopped into small peices, and frozen for prolonged storage.

You can also use beurre manié to thicken your sauce. Like roux, a beurre manié uses equal parts butter and flour, but is cooked in the sauce instead of in the oven. This method requires a longer cooking time to remove the raw flour flavor and is not shelf-stable, but it can easily be made in the perfect amount required for a single sauce.

In both roux and beurre manié, the butter act as a vehicle to get the hydrocolloid to incorporate evenly into a liquid without any lumps.

To take velouté to sauce suprême, add cream—or crème fraîche, if you prefer a touch of acid. Add tomato purée to your sauce suprême to make sauce aurora. Sauce allemande (or sauce parisienne) is a delicate sauce enriched with an egg yolk, and sauce albufera is enriched with crème fraîche and veal stock. Each variation might require you to reduce the sauce further, or adjust the acid and salt for balance, so be sure to taste as you go.

CHICKEN VELOUTÉ, SAUCES SUPRÊME, ALLEMANDE, AND ALBUFERA

CHICKEN VELOUTÉ

Mise en place

Ingredients

Beurre manié (recipe below)*, as needed
Light chicken stock
Salt
Grated nutmeg, if desired
Ground white pepper, if desired

Equipment

Mixing bowl
Rubber spatula
Sauce pot
Whisk
Spoon

*For the beurre manié:
100 grams unsalted butter, room temperature
100 grams all-purpose flour

METHOD

FOR THE BEURRE MANIÉ:

Mix together equal parts butter and flour until thoroughly blended and smooth. Set aside.

FOR THE VELOUTÉ:

Heat the stock to simmering. Whisk in enough of the beurre manié (about half) to thicken the sauce. Be sure to keep your whisk moving as you incorporate the thickener into the stock to help achieve a velvety texture. As the mixture begins to combine with the stock, the color will darken slightly. Offset the pot from the flame to allow any impurities from the flour to be driven to one side. Use a spoon to check the texture of the velouté as is comes together—it should coat the spoon with a velvety texture. Continue whisking while seasoning to taste. To determine the desired consistency, drag your finger through it and see if the sauce holds. Use the finished chicken velouté as-is or take it to one of the following sauces.

SAUCE SUPRÊME

Ingredients

Sauce velouté
Heavy cream
Creme fraiche

Equipment

Sauce pot
Whisk
Spoon

METHOD

Whisk in cream and crème fraîche, and season as needed.

CHICKEN VELOUTÉ, SAUCES SUPRÊME, ALLEMANDE, AND ALBUFERA

SAUCE ALLEMANDE

Ingredients

Sauce velouté
Egg yolk
Lemon wedge

Equipment

Sauce pot
Whisk
Mixing bowl
Spoon
Chinois

METHOD

Add an egg yolk to a mixing bowl. To temper the egg yolk,* add in a few spoonfuls of hot velouté and whisk to bring the egg slowly up to temp. Slowly stream the tempered mixture back into the velouté and continue whisking to combine. Be careful not to bring it to a full boil so as not to cook the egg. Strain through a fine chinois, in case any eggs were cooked during the tempering process. Finish with a squeeze of lemon and season as needed.

**Note:* Chef Keller teaches you how to temper in Chapter 20: Custard: Crème Anglaise of his first MasterClass.

SAUCE ALBUFERA

Ingredients

Sauce velouté
Veal stock
Crème fraîche
Kosher salt

Equipment

Sauce pot
Whisk
Spoon

METHOD

Whisk in veal stock and crème fraîche, and season with kosher salt as needed.

CHICKEN VELOUTÉ, SAUCES SUPRÊME, ALLEMANDE, AND ALBUFERA

LEARN MORE

- Velouté is one of the five mother sauces in French cooking, which means that it can be used to make a range of other sauces. The mother sauces were codified by the great French chef, Georges Auguste Escoffier. Chef Keller taught another mother sauce—hollandaise—in Chapter 19 of his first MasterClass.
- In a roux, the mixture of butter and flour is baked in the oven until dry. The longer you bake the mixture, the more the flour flavor will be removed from the roux and the less it will impact the flavor of your sauce. To make Chef Keller's shelf-stable roux, follow the method below:

Yield: approximately 210 grams

Ingredients:
110 grams of butter
110 grams of all-purpose flour

Method:
Heat butter in a small saucepan over medium heat. When the butter has mostly melted, whisk in the flour until it is fully incorporated into the butter and the mixture resembles a smooth paste. Turn off the heat, cover the roux with a cartouche,* and place the saucepan in a 250°F oven. Bake the roux for about an hour or until the roux becomes very dry. Cool and store refrigerated.

**Note:* For a demonstration of how to make a cartouche, see Chapter 13: Braising: Red Wine Braised Short Ribs.

BROWN CHICKEN QUICK SAUCE AND SAUCE CHASSEUR

Chef Thomas Keller / Chapter Twenty-One

MASTERCLASS

BROWN CHICKEN QUICK SAUCE AND SAUCE CHASSEUR

"[These sauces] are relatively simple, but they do take a time commitment and a dedication. Patience, awareness, and sometimes persistence."

CHAPTER REVIEW

"Quick sauce" is something of a misnomer since the recipe for it is not that quick. Chef Keller developed it in the early days of The French Laundry, where he and his staff worked in a very small kitchen with limited stove space. The steps here aren't complicated, but they call for patience and attentiveness as you build flavors by browning chicken parts, caramelizing vegetables, glazing and reglazing repeatedly, reducing, and clarifying.

Chef Keller urges you to listen as you cook—listen for the violent sizzle that tells you that your oil is hot enough, for the quietude that comes as liquid evaporates. Each time a glaze is formed, you'll hear a sizzling, and each time you deglaze, the pot will become quiet.

Chicken, tomatoes, and mirepoix provide the foundation for this sauce, which you flesh out with chicken stock, and later, veal stock for volume and viscosity. But this same quick sauce can be made with other proteins as well, including the bones of lamb, duck, venison, and veal. It can also be used as a building block for other sauces, as Chef Keller demonstrates by turning his chicken quick sauce into a sauce chasseur, or hunter's sauce.

PREP & COOK TIMELINE

BROWN CHICKEN QUICK SAUCE AND SAUCE CHASSEUR

QUICK SAUCE

Mise en place

Yields 5 cups of sauce

Ingredients

60 grams canola oil
700 grams chicken parts: necks, backs, feet, cut into 1-inch pieces
700 milliliters water, for deglazing*
600 milliliters light chicken stock**
750 milliliters roasted veal stock**
150 grams tomatoes, chopped
100 grams onions, chopped
60 grams leeks, chopped
100 grams carrots, chopped
1 sachet of parsley, thyme, and garlic, wrapped in cheesecloth and tied with kitchen twine

****Ingredient note:*** You may not end up using all 700 milliliters of the water; only use enough for the deglazing.

*****Ingredient note:*** Chef Keller teaches you how to make veal stock in Chapter 16: Veal Stock and chicken stock in Chapter 17: Light Chicken Stock.

Equipment

5-quart sauteuse
Ice bath
Wooden spoon
Ladle
4-quart saucepan
China cap or coarse strainer
Containers for straining and storage

METHOD

FOR THE GLAZING:

Allow the bones to come to room temperature. Heat the canola oil over high heat in a wide, heavy pot large enough to hold the bones in one layer. When the oil just begins to waft smoke, add the bones. Let the bones sear for about 10 minutes without stirring. (If stirred too soon, they will release their juices and begin to steam, rather than brown.) Turn the bones and cook for about 10 more minutes, or until well-browned and giving off the aromas of roasted chicken. Push all of the bones to one side of the pot and strain off most of the oil.

FOR THE FIRST DEGLAZING:

Add the tomatoes to the pot. You will hear their liquid sizzle as it hits the hot pan, then quieting as it reduces. Stir with a wooden spoon and scrape the bottom of the pan to integrate the fond you created from searing the bones in the previous step. Cook until the liquid has evaporated and the pot is reglazed with the juices from the chicken and tomatoes. At this point, the tomatoes will resemble a tomato paste. They should no longer be sizzling.

FOR THE SECOND DEGLAZING:

Add 1 cup water to the pan. Since the oil was absorbed by the tomatoes in the previous step, the sizzle won't be quite as violent when the water hits the pan. Repeat the delgazing process, stirring and scraping the bottom of the pan. Again, cook until the liquid has evaporated and the pot is reglazed.

BROWN CHICKEN QUICK SAUCE AND SAUCE CHASSEUR

FOR THE THIRD DEGLAZING:

Now, deglaze the pan with the chicken stock, following the same procedure as you did in the previous step. Scrape the bottom and all the sides with your spoon, looking for a clean, silver pan bottom. Add the mirepoix, sachet, and veal stock. Offset the pan over the fire so that the heat pushes all of the impurities to one side, making it easier to skim them. Skim off any impurities and fat and continue to scrape and integrate any glazing that builds up on the sides of the pan. Simmer for 30 to 45 minutes, skimming often, to reduce the stock.

Remove the bones, sachet, and larger vegetables using a spider. Set a China cap or coarse strainer over a container. Use a ladle to scoop any remaining smaller particles and transfer to the strainer set in the container. Do not press on the solids in the strainer or force through any liquid that does not pass on its own or the stock will become cloudy. Pour the remaining stock through the strainer. Discard any stock that is cloudy with impurities that settle near the bottom of the pot. Finally, place a bowl into an ice bath and pour the liquid through a fine mesh sieve. (For a refresher on this method, review Chapter 17: Light Chicken Stock.)

To remove any remaining bits of fat, let the liquid cool, then press a paper towel into the surface of the sauce to absorb it.

*Note that the sauce will not be sauce consistency at this point; you can reduced it further to preferred flavor and consistency. Be careful not to over-reduce, as that can lead to an unpleasant, bitter flavor. Always reduce to flavor, tasting along the way, not to consistency.

BROWN CHICKEN QUICK SAUCE AND SAUCE CHASSEUR

SAUCE CHASSEUR:

Ingredients

30 grams butter
50 grams small button mushrooms, cleaned and quartered
10 grams shallots, minced
100 grams dry white wine, such as Sauvignon Blanc or white Burgundy
375 grams chicken quick sauce
30 grams tomato concassé
1 tablespoon fines herbes: equal portions of chervil, parsley, chives, and tarragon, minced

Equipment

3-quart saucier
Spoon

METHOD

Add 15 grams butter to a saucier over low heat. Add mushrooms to the pan and then salt them to help pull out the moisture. Add the shallots and sweat for one minute. When sweating, the vegetables shouldn't get any color, so lower the heat as needed to keep them from browning. The moisture from the shallots and mushrooms will "sweat" out. Add the wine and deglaze. Simmer and reduce until the wine is almost dry ("au sec"). Ladle in the quick chicken sauce and begin to reduce by half*. Turn the heat to low and stir in the rest of the butter. Then add the tomato concassé and herbes fines. Stir to combine, remove from heat, and serve.

*Alternatively, the quick chicken sauce can be reduced in advance in order to reduce the amount of time needed to make sauce variations such as chasseur.

"Be patient with your career, learn the skills you need to learn. And, then, be persistent. Don't let anybody tell you you cannot do something."

—CHEF THOMAS KELLER