



# HOME COOKING

with Cathy

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HOME PROMOTER CONTRIBUTOR

Hello everyone. The weather is certainly calling for those comfort foods which we all enjoy so much. The beef dish I chose for this edition is one I used to make many years ago when I had a small catering company. It is a dish you can make the day before and it only improves overnight. The apple cheesecake is a favourite of mine. I made the crust with gluten-free flour last week and it was fine.

## *Bouf (Beef) Bourguignon*

### *Ingredients:*

4 slices bacon, cut into small pieces  
3 lb. round beef (top or bottom) cut into 2-inch cubes  
2 Tbsp. butter  
1 Tbsp. oil  
2 Tbsp. Brandy  
2 Lg. onions thinly sliced  
2 cloves garlic, finely chopped  
2 carrots, finely chopped  
2 Tbsp. flour  
1 ½ cups red wine



1 cup beef broth  
½ tsp. thyme  
2 bay leaves  
½ tsp. salt  
freshly ground pepper  
2 Tbsp. butter  
18-20 small whole pearl onions, skins removed.  
½ lb. button mushrooms  
3 Tbsp. parsley for garnish

### *Method:*

1. Fry bacon until crisp in large frying pan, drain and transfer the bacon to a casserole dish
2. Trim beef of all fat. Fry in hot butter and oil a few pieces at a time. Add Brandy to the last batch of beef cubes and light w/match. Do Not shake pan until flames die down. Transfer beef to casserole dish.
3. Add more oil to the pan as necessary and fry the onions, garlic and carrots for 5 minutes. Stir in the flour, then gradually add the wine and beef broth. Stir with a wire whisk. Season with salt & pepper and transfer the sauce to the casserole dish. Add thyme and bay leaves. Cover and cook in 350 degree preheated oven for 1 ½ hours.
4. Heat remaining 2 Tbsp. butter in a small fry pan. Add the pearl onions and mushrooms. Fry over heat until lightly browned. Add to casserole dish.
5. Cool the casserole dish and leave to rest in refrigerator for at least 12 hours. Reheat in a 350F. oven for 25 minutes or until heated through. Do not overcook. Garnish with parsley and serve with rice if desired.

Hints to prepare pearl onions.

Before attempting to remove the skins from the pearl onions, soak them in a bowl of hot water for 10 minutes. Using the tip of a sharp knife, peel off the skins. Place the skinned onions in a small saucepan with cold water. Bring to a boil. Immediately remove them from the heat, drain and rinse with cold water and drain again.

## *Apple Cheese Cake*

Serves 8

### *Crust Ingredients:*

½ cup butter  
1/3 cup sugar  
1 cup flour

### *Topping Ingredients:*

1 ½ lb apples  
¼ cup sugar  
¼ tsp cinnamon  
¼ cup sliced almonds

### *Filling Ingredients:*

8 oz cream cheese  
¼ cup sugar  
1 egg  
1 tsp vanilla

### *Method:*

1. To make crust - cream together butter & sugar. Add flour & mix well. Press into bottom and 1 ¼ inches up side of 9 inch spring form pan.
2. To make filling - mix together cream cheese & sugar. Add egg & vanilla. Mix well. Spoon mixture into crust.
3. To make topping - core, peel and thinly slice apples. Arrange apple slices on cookie sheet. Combine sugar & cinnamon. Sprinkle over both sides of apple slices in overlapping pinwheel formation, over cream cheese filling. Sprinkle almonds over apples.
4. Bake in 450F degree oven for 10 minutes. Reduce to 400F degrees & continue baking for 25 minutes. Remove from oven & cool to room temp for about 1-2 hours before refrigerating.
5. Chill until served - great with a little ice cream on the side.