

# *Cooking Thyme with Stacie*

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COOKING & HOSPITALITY

## **- Instant Pot Dinner Party –**

**Menu - Instant Pot Beef Bourguignon – Roasted Garlic Mashed Potatoes -  
Individual Raspberry Tiramisu**

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# Shopping List

## Dairy/Freezer

- 1 stick of unsalted butter (8 TB)
- ½ cup sour cream
- ¼ cup milk or heavy cream
- 3 ounces cream cheese
- ½ cup heavy cream

## Pantry

- 2 TB tomato paste
- 1 cup beef broth (I use Better than Bouillon)
- Salt and pepper
- 3 TB olive oil
- ¼ cup granulated sugar

## Produce

- 2 heads of fresh garlic
- 4 medium carrots
- 3 shallots
- 6 baby bella mushrooms
- Bouquet garni: fresh thyme, fresh Italian parsley, dried bay leaf
- 1 pound Yukon gold potatoes
- 1 pound Russet potatoes
- 8 fresh raspberries
- Spring of fresh mint (optional garnish)

## Protein

- 3 slices thick cut bacon
- 2 pounds beef stew meat

## Specialty

- 2 cups red wine
- 8 lady fingers
- 3 TB seedless raspberry jam
- 1 TB orange juice

## Equipment List

### Electric

- Instant Pot
- Hand held mixer

### Baking

- Cookie sheet

### Pots and Pans

- Large Dutch oven

### Utensils

- Measuring spoons and cups
- Potato Masher

### Specialty

- Individual dessert cups (I use tall shot glasses)
- Ziploc bag

## Mis en Place

### The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- Cut up beef stew meat into 1” cubes
- Cut the bacon into small strips
- Peel and cut up carrots
- Clean the mushrooms, just brush off any dirt with a paper towel, avoid getting them wet
- Peel the potatoes

## Instant Pot Beef Bourguignon

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3 slices thick cut bacon, cut into small strips (lardons)  
2 pounds beef stew meat (beef chuck) fat trimmed, and cut into 1" cubes  
4 medium carrots, peeled and cut into 2" pieces  
3 cloves fresh garlic, minced  
3 shallots, peeled and quartered  
6 mushrooms, cleaned, stems removed and sliced  
2 Tb tomato paste  
1 cup beef broth  
2 cups red wine  
Salt and pepper  
Bouquet garni: 3 sprigs thyme, 2 sprigs flat leaf parsley, 1 dried bay leaf

To prepare the beef: take paper towels and dry the beef of any extra juices. Generously salt and pepper all sides of the beef cubes. Set aside.

Turn the Instant Pot to SAUTÉ. Add the bacon and cook until browned and crispy. Remove the bacon to a plate reserving the drippings in the pot.

Add ½ of the beef to the Instant Pot. Brown on all sides, about 5 - 6 minutes. Remove the beef to a platter and add the other pound of meat to the pot. Continue to sauté until all the meat is browned. Remove from the pot to the platter with the rest of the beef cubes.

Add the shallots to the Instant Pot, scraping any bits stuck to the bottom. Cook about 2 minutes. Next add the minced garlic and cook about 1 minute. Stir in the tomato paste.

Stand back slightly and add the two cups of red wine followed by the beef broth. Using a wooden spoon scrap the bottom of the pot to incorporate the stuck on bits (called fond). Add the browned beef, bacon and bouquet garni to the pot. Taste, you may want to add an additional ½ TSP Kosher salt to the broth.

Change the setting to PRESSURE COOK HIGH. Set the time for 30 minutes.

While the beef is cooking, place 1 TB unsalted butter in a skillet over medium-low heat. Once the butter is melted and bubbly, add the mushrooms and cook until they are softened and brown. You want to continue to cook until there is very little liquid left in the pan.

Once the timer goes off, release the pressure. Remove the lid and add the carrots and the mushrooms. Replace the lid and set the timer for 6 more minutes. Release the pressure. Mix 1 TB butter and 1 TB flour in a small bowl. Remove the lid. Whisk in the butter mixture to slightly thicken the sauce.

Serve over mashed potatoes, noodles or toasted sourdough bread.

## Roasted Garlic Mixed Mashed Potatoes

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1 pound Yukon Gold and 1 pound Russet potatoes, peeled  
1 head of roasted garlic cloves (see attached recipe)  
8 TB cold butter, cubed  
½ cup sour cream  
¼ cup milk or heavy cream, warmed  
Salt and pepper to taste

Cut potatoes into cubes and place in a large pot of salted water. Bring salted water to a boil, then reduce the heat and simmer the potatoes until tender, about 12 minutes. Drain. Place potatoes back in the warm pot and place over low heat, allow any moisture to evaporate so the potatoes are dry. Place the potatoes in a large bowl and add the rest of the ingredients. Mash potatoes with potato masher or mix with electric beaters for a smoother texture.

- You can make the potatoes a day ahead. They will tend to dry out so when reheating add additional butter and milk until creamy and heated through.
- You can also make them the same day, a few hours ahead and keep them warm in a crock pot.

### \*\*Short cut

No time to roast the garlic? Peel a few cloves and throw into the boiling water with the potatoes and mash with the rest of the ingredients.

### Tips –

Use cold butter not melted – when melted, the fat and milk solids separate making it harder to incorporate.

Salt the water – just like pasta it adds another layer of seasoning

½ and ½ - I use ½ waxy potatoes like Yukon gold for the extra sugar and higher moisture and then ½ starchy potatoes like a Russet

## Roasted Garlic

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2 heads of garlic

3 TB olive oil

Preheat oven to 400° F.

Remove outer skin layers of garlic bulb, leaving each individual skin of the cloves intact.

Using a sharp knife, cut off the top of the bulb, exposing the cloves.

Place each bulb on a small sheet of aluminum foil and drizzle with olive oil.

Fold the foil in half, rolling down the top to close, making a packet. Place on a baking sheet.

Bake for 30 - 35 minutes.

Remove and let cool slightly. Once they are cooled you can squeeze out the garlic cloves.

Uses: as a spread on French bread, mix with sour cream for baked potatoes, add to sauces or mashed potatoes.



## Raspberry Tiramisu Bites

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Makes 8 servings

3 TB seedless raspberry preserves  
1 TB orange juice  
3-ounces cream cheese, softened  
¼ cup granulated sugar  
½ cup heavy cream  
8 ladyfingers, halved  
8 fresh raspberries  
Garnish: fresh mint leaves

Microwave raspberry preserves in a microwavable bowl on high, 20 seconds. Stir in orange juice.

Beat cream cheese and sugar at medium speed with an electric mixer until creamy, about 1 minute.

Beat heavy cream with an electric mixer until soft peaks form. Fold into cream cheese mixture. Spoon into a Ziploc bag. Cut one corner of the bag with scissors to make a small hole.

Press one ladyfinger half into the bottom of a shot glass. Repeat the procedure with 7 more shot glasses. Pour ½ tsp raspberry mixture into each glass. Squeeze a small amount of cream cheese mixture evenly into each glass. Repeat the layers with the remaining ladyfingers, raspberry mixture, and cream cheese mixture. Top each glass with 1 raspberry. Cover and chill 2 hours. Garnish with mint if desired.

\*\*Please use the soft ladyfingers available in the deli/bakery section of the grocery store.



Notes: