

Bordelaise Sauce

Compliments of Chef Richard's Kitchen

6 Servings

2 beef bones, split lengthwise
1 C dry red wine
½ C shallots, minced
¼ tsp dried thyme
2 bay leaves
2 C beef stock
4 Tbsp butter, melted
2 Tbsp flour
Salt and pepper

Place beef bones (marrow side up) on a foil-lined baking sheet. Roast bones at 350 ° F for about 30 minutes. Remove from oven and allow to cool.

Sauté shallots in a medium-size saucepan over medium-high heat until translucent. Add red wine and boil until reduced by half, about 10 minutes. Add thyme and bay leaves. Add beef stock. Scrape marrow from beef bones and place in wine/broth mixture. Whisk while liquid returns to boil to break down marrow chunks. Boil another 10-15 minutes until once again, the liquid is reduced by half.

Strain liquid to remove solids. Return to saucepan and boil before adding roux.

Blend 2T butter and 2T flour in saucepan and make a roux. Don't let the flour brown too much. You want to cook the flour taste away. Add to boiling liquid and whisk until thickened.

Add 2T butter to bordelaise and whisk until blended in and sauce is creamy.

Serve with beef dishes.



Nutrition Facts	
Portion Size	96 g
Amount Per Portion	
Calories	95
% Daily Value *	
Total Fat 4.6g	6 %
Saturated Fat 2.3g **	11 %
Cholesterol 18mg **	6 %
Sodium 216mg	9 %
Total Carbohydrate 4.6g	2 %
Dietary Fiber 0.2g **	1 %
Sugar 0.5g **	
Protein 4.5g	9 %
Vitamin D 0mcg **	0 %
Calcium 8mg	1 %
Iron 0.8mg	4 %
Potassium 86mg	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice. ** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

Source:
<https://www.nutritionvalue.org>