

# ROAST BEEF AU-JUS

F EASY

Last Modified: 09/05/2014

PREP: 5 Min  
COOK: 10 Min  
STOVETOP

SAUCE-STOCK

**MAKES 3 QUARTS**

QUA	MEASURE	INGREDIENT	PROCESS
ALL		Beef Roast Pan Drippings	
2	Tsp	Worcestershire Sauce (Lea & Perrins)	
1/2	Cup	Dry Red Wine (Pinot Noir)	
1	Cup	Recipe: Sauce - Stock - Brown Beef Stock	
OR			
1	Cup	Canned Low Sodium Beef Stock (Campbells)	

OPTIONAL			
1	Large Pat	Unsalted Butter	

## PREPARATION

<b>FACTOID</b>	This is a rich clear or clouded Beef-Au Jus that will allow YOU to control the Salt content (Kind of).
<b>FACTOID</b>	<b>STOCK VS BROTH:</b> Technically, Broths are made using Meat and Stocks are made using Bones. Unfortunately, the Commercial Supermarket canned & boxed versions use very little Meat or Bones. They achieve their "heartiness" from the addition of Glutamates and Nucleotides - Homemade IS for certain the way to go.
<b>CAUTION</b>	<b>REMEMBER:</b> Boiling a stock during cooking will create a deeply clouded Stock. A low simmer (bubbles just barely breaking the surface) will create a relatively clear Stock.
<b>TOOLS</b>	1) Gravy Separator 2) Fine Wire Strainer
<b>1</b>	Place the roasting pan over 2 stovetop burners on medium low. Whisk in the Worcestershire Sauce and Red Wine and scrape up the little brown bits from the bottom of the roasting pan.
<b>2</b>	Strain the Au Jus through a fine wire strainer onto a gravy separator to remove any large chunks. Allow the Fat to separate and return the Meat Juices to the roasting pan and discard the Fat.
<b>3</b>	<b>TRANSPARENT AU-JUS:</b> Bring the juices back to a simmer, reduce them slightly and add in the Beef Stock. Bring the mixture back to a simmer and reduce it slightly.
<b>3</b>	<b>CLOUDY AU-JUS:</b> Bring the juices to a boil, reduce by them about 1/3 and add in the Beef Stock. Bring the mixture back to a rolling boil and reduce heavily for a more flavorful, albeit cloudier Au-Jus.
<b>4</b>	Immediately before serving, you may optionally add a pat of Butter on top and allow it to melt by lightly shaking the pan (NO stirring) for a glossier Au-Jus.
<b>SERVE</b>	Serve while hot along with ANY Roast Beef or even drizzled on the Meat in a Sandwich.