

## Beef Recipes

### Beef Bourguignon

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23<sup>rd</sup> printing – 1970s), p. 90  
Contributed by Diane Wolford Sheppard

3 pounds chuck or top round of beef, cut into 2-inch cubes  
1 small onions, sliced  
2 cups red wine  
1 small bay leaf  
4 sprigs parsley  
Pinch of thyme  
2 tablespoons salad oil  
½ teaspoon salt  
¼ teaspoon pepper  
1 small carrot, sliced  
1 clove garlic, crushed  
3 tablespoons butter  
1 tablespoon flour  
½ cup consommé  
¼ pound salt pork, diced  
24 small white onions  
1 cup fresh or canned mushrooms, sliced

In deep bowl, combine meat, sliced onion, wine, bay leaf, parsley, thyme, oil, salt, pepper, carrot, and garlic. Let stand for four hours, turning meat occasionally. Remove meat and pat dry with paper towels. Strain marinade and set aside for further use.

In Dutch oven or large, heavy saucepan, heat a tablespoon butter. Add meat and cook until well browned on all sides. Add flour and cook for 3 minutes, stirring constantly. Stir in consommé and marinade. Bring to a boil. Cover and simmer for 2 hours. Meanwhile, in a small saucepan, heat remaining butter. Add salt pork and onions, and cook over medium flame for 10 minutes, or until pork and onions are golden brown. Remove them to pan in which meat is cooking. Add mushrooms. Bring to boil. Cover and simmer for 45 minutes, or until meat is fork-tender. Serve hot.

Serves 6 to 8; serve with boiled potatoes. Also good with all kinds of macaroni.

### *Pot-au-Feu*

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23<sup>rd</sup> printing – 1970s), pp. 34-

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4 carrots  
1 white turnip  
¼ of yellow turnip  
6 leeks (white part only)  
1 stalk celery  
4 pounds rump of beef  
1 veal knuckle  
4 pounds beef bones  
2 tablespoon salt

4 ½ quarts water  
1 large onion, stuck with 2 cloves  
1 small bay leaf  
¼ teaspoon thyme  
1 clove garlic (optional)  
8 thin slices French bread, dried (but not toasted) in warm oven

Clean vegetables and cut them into desired size.

In large soup kettle, place beef, knuckle, bones, and salt. Cover with water. Bring to a boil, then simmer for 2 hours, skimming the scum off frequently. Add vegetables, onion, bay leaf, thyme, and garlic, and continue simmering for 1 ½ hours longer. Skim fat off bouillon. Serve bouillon with slices of dry French bread.

Meat and vegetables are served as main course. Meat is cut into thin slices and served surrounded by the vegetables.

Serves 6 to 8.

#### **Pot Roast Cardamon**

Frances D. and Peter J. Robotti, *French Cooking in the New World* (Garden City, New York: Doubleday & Company, Inc., 1967), p. 315

Contributed by Diane Wolford Sheppard

1 4 – 5-pound pot roast  
¼ cup shortening  
3 cups water  
1 cup vinegar  
½ cup firmly packed brown sugar  
1 onion, chopped  
1 stalk celery, chopped  
1 bay leaf  
¼ teaspoon thyme  
2 teaspoons ground cardamon seed  
½ cup flour  
1/3 cup cold water

Brown beef on all sides in shortening in heavy skillet. Pour off excess fat then add water, vinegar, sugar, onion, celery, bay leaf, thyme, and cardamon seed. Cover and cook in low heat for about 3 hours or more, until meat is tender to fork test. Remove meat and keep warm. Strain stock and measure out 4 cups, adding hot water if necessary. Blend flour in cold water and add to seasoned stock. Cook until sauce thickens, then pour over roast. Eight servings.