

Beef and Burgundy Casserole

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 8

*3 pounds lean chuck or round steak,
cut in two-inch cubes
4 tablespoons butter or margarine
2 tablespoons bacon fat
3 tablespoons flour
2 teaspoons salt
1/2 teaspoon freshly ground pepper
1 bay leaf
1 1/2 teaspoons fresh basil, chopped
1 clove garlic, minced
1 1/2 teaspoons fresh oregano,
chopped
1 pound tiny white onions, peeled and
parboiled
1 large can baby carrots
1 cup Burgundy or other dry red wine
1 tablespoon sugar
3/4 cup Madeira wine
1/4 cup brandy*

Preheat the oven to 300 degrees.

In a large heavy skillet, heat two tablespoons of the butter and the bacon fat. Brown the beef well on all sides. Arrange in a large casserole.

Add to the fat in the skillet the flour, salt, pepper, bay leaf, basil, oregano and garlic. Stir until the flour begins to brown.

Drain the liquid from the vegetables into a measuring cup and, if necessary, add water to make a scant two cups. Stir the liquid into the skillet and keep stirring until it thickens.

Add the Burgundy to the skillet. Stir until the sauce is smooth and somewhat thickened. Pour over the meat in the casserole. Cover.

Bake about three hours.

In the skillet, melt the remaining two tablespoons of butter. Stir in the sugar. When this has melted, add the drained vegetables. Stir them frequently until they are slightly browned. Add them to the casserole with the Madeira. Continue to cook, covered, for 30 minutes longer.

Stir in the brandy just before serving.

Per Serving (excluding unknown items): 116 Calories; 9g Fat (81.7% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 610mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	116	Vitamin B6 (mg):	trace
% Calories from Fat:	81.7%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	16.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	9g	Folacin (mcg):	2mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	17
Cholesterol (mg):	19mg	% Refuse:	n n%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	610mg	Vegetable:	0
Potassium (mg):	13mg	Fruit:	0
Calcium (mg):	8mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	414IU		
Vitamin A (r.e.):	73 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	116	Calories from Fat:	95
% Daily Values*			
Total Fat	9g		14%
Saturated Fat	5g		25%
Cholesterol	19mg		6%
Sodium	610mg		25%
Total Carbohydrates	4g		1%
Dietary Fiber	trace		1%
Protein	trace		
Vitamin A			8%
Vitamin C			1%
Calcium			1%
Iron			1%

* Percent Daily Values are based on a 2000 calorie diet.