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# Boeuf A La Provencale

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**3 pounds beef, cut in 1/2 inch cubes**

**1/4 pound salt pork**

**12 small onions**

**1/2 cup white wine**

**2 cups beef stock**

**1/2 teaspoon salt**

**1/2 teaspoon thyme**

**1/4 teaspoon rosemary**

**2 cloves garlic, minced**

**12 small carrots**

**1 1/2 tablespoons arrowroot**

**3/4 cup green olives, pitted**

**3/4 cup black olives, pitted**

**24 cherry tomatoes, peeled**

**salt**

**pepper**

## **MARINADE**

**1/4 cup olive oil**

**2 onions, sliced**

**1 stalk celery, diced**

**1 carrot, diced**

**3 cloves garlic, minced**

**1 teaspoon salt**

**1/2 teaspoon rosemary**

**1/2 teaspoon thyme**

**12 peppercorns**

**1 1/2 cups red wine**

Make the marinade: In a skillet in olive oil, cook the onions, celery, carrots and garlic until the onion is translucent and the other vegetables are tender. Add the salt, rosemary, thyme, peppercorns and red wine. Simmer for 15 minutes.

Place the beef into a large Ziploc sealable bag. Pour the marinade over the beef. Seal and turn twice to cover the beef. Refrigerate overnight.

The next day, pat the beef dry.

In a skillet, cook the salt pork and brown the beef in fat. Remove the salt pork. Strain the marinade and add about one cup to the beef in the skillet. Add the white wine, beef stock and the seasonings.

Bake at 325 degrees in the oven for 1-1/2 hours. Remove from the oven and add the onions and carrots. Stir in the arrowroot. Bake at 325 degrees for one hour.

Refrigerate or let stand long enough to remove the excess fat. Add the olives and tomatoes. Sprinkle with salt and pepper. Heat but do not cook.

Serve in bowls with juice and crusty bread.

Yield: 8 to 10 servings

## **Beef**

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*Per Serving (excluding unknown items): 6511 Calories; 435g Fat (62.9% calories from fat); 290g Protein; 286g Carbohydrate; 69g Dietary Fiber; 1010mg Cholesterol; 12279mg Sodium. Exchanges: 1 Grain(Starch); 36 Lean Meat; 46 1/2 Vegetable; 1/2 Fruit; 63 Fat.*