
Beef-Burgundy Style

Mrs Shirley Askin - Baker, MT

Olde Family Favorites - Order of the Eastern Star -1965

4 pounds beef cross-rib or bottom round steak
1/2 cup flour
2 teaspoons salt
1/4 teaspoon pepper
6 tablespoons butter
3 tablespoons brandy
3 medium onions, sliced
3 carrots, sliced
3 sprigs parsley
2 bay leaves
dash thyme
1 clove garlic, minced
3 cups dry red wine
3 slices bacon, half-cooked and chopped
1 cup sliced mushrooms
1 tablespoon tomato paste

Cut the meat into 1-1/2-inch cubes.

In a bowl, combine the flour, salt and pepper. Coat the meat with the mixture.

In a heavy saucepan or casserole dish, melt four tablespoons of butter. Add the meat. Brown the meat on all sides over very high heat. Pour the brandy over the meat and set it aflame.

In a separate pan, melt the remaining two tablespoons of butter. Saute' the onions and carrots for 5 minutes. Add to the meat. Add the parsley, bay leaves, thyme and garlic. Stir.

Add the red wine and just enough water to cover the meat. Add the bacon. Cover and cook over low heat for two hours and 30 minutes.

Add the mushrooms and tomato paste. Stir well. Cook for 30 minutes longer.

Yield: 8 to 10 servings

Beef

Per Serving (excluding unknown items): 1879 Calories; 82g Fat (53.9% calories from fat); 28g Protein; 129g Carbohydrate; 22g Dietary Fiber; 202mg Cholesterol; 6043mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 13 Vegetable; 15 Fat.