

Special Boeuf Bourguignon

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 6

*2 pounds chuck or rump, cut in
1/4-inch slices
2 tablespoons salad oil
2 large slices salt pork
1 1/2 cups thin-sliced carrots
salt
pepper
2 medium onions, chopped coarsely
1 clove garlic, minced
2 shallots (or green onions), minced
1/2 pound mushrooms, chopped
1/2 bottle good Burgundy
1/3 cup cognac*

Preheat the oven to 250 degrees.

Pour oil in the bottom of the casserole. Lay in one slice of pork. Add the carrots in an even layer. Cover with one-third of the beef. Sprinkle with salt and pepper.

Cover the layer of meat with one-half the onions, garlic, shallots and mushrooms. Repeat the layers. Add the remaining beef. Lay the remaining slice of pork on top.

Pour the Burgundy and cognac over the top. Season with additional salt and pepper.

Place the casserole over high heat on the stovetop until it begins to simmer. Place the casserole in the oven.

Bake for three to three and one-half hours or until the meat is fork tender. Check occasionally to be sure that it is barely bubbling.

Remove the top slice of salt pork before serving.

Per Serving (excluding unknown items): 658 Calories; 66g Fat (93.6% calories from fat); 5g Protein; 5g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 1080mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 13 Fat.

Beef

Per Serving Nutritional Analysis

% Calories from Fat:	93.6%
% Calories from Carbohydrates:	3.2%
% Calories from Protein:	3.2%
Total Fat (g):	66g
Saturated Fat (g):	23g
Monounsaturated Fat (g):	31g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	65mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	1080mg
Potassium (mg):	246mg
Calcium (mg):	15mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	15mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	28
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	13
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 658 Calories from Fat: 616

% Daily Values*

Total Fat 66g	101%
Saturated Fat 23g	114%
Cholesterol 65mg	22%
Sodium 1080mg	45%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	4%
Protein 5g	
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Vitamin A	0%
Vitamin C	6%
Calcium	1%
Iron	5%

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