

Boeuf Bourguignon

Serves 4-8

Ingredients

- 3 lb boneless chuck
- 1/4 lb diced bacon
- 12 small white onions
- 3 Tbsp flour
- 1 carrot
- 1 stalk celery
- 3 sprigs parsley
- 2 bay leaves
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 1/2 tsp thyme
- 1 1/2 c dry red wine
- 1 1/2 c water

Instructions

1. Brown meat and bacon.
2. Make a bouquet garni of carrot, celery, parsley, and bay leaves.
3. Simmer 2 1/2 hours covered in casserole.

Rice

Ingredients

- 3 c rice
- 1/4 c olive oil
- 1 clove garlic
- 3 c chicken broth
- 1 tsp salt

Instructions

1. Heat olive oil in pot with garlic.
2. Add rice to hot oil and broth.
3. Cook 35 minutes.

Beef Bourguignon (4-8)

3 LB Boneless Chuck 1 1/2 t Thyme
 1/4 lb. diced bacon 1 1/2 c dry red wine
 1/2 small w onions 1 1/2 c water
 3 T flour Brown meat + bacon - bouquet
 1 carrot garnish of C-C-P + bay leaves
 1 stalk celery simmer 2 1/2 hours warm
 3 sprig parsley in casserole

RICE
 2 bay leaves 3 c rice 1 t salt
 1/2 t salt 1/4 c olive oil rice in hot
 1/4 t black pepper 1 clove garlic oil-broth
 3 c chicken broth + cook 35 min
 swallow

