

Boeuf en Daube Nicoise

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

3 pounds top round steak
1/2 pound carrots, cut in one-inch pieces
1 tablespoon parsley, chopped
1 tablespoon fresh oregano, chopped
1 tablespoon fresh basil, chopped
bacon
3 tomatoes, skinned and chopped
MARINADE
1 cup salad oil
1 medium onion, chopped
4 shallots, cut up
four-inch piece celery
1 carrot, split lengthwise and crosswise
1/2 cup dry red wine
6 whole peppercorns
2 cloves garlic, split
1 bay leaf
1 tablespoon fresh thyme
1 tablespoon fresh marjoram
2 sprigs parsley

In a saucepan, combine all of the marinade ingredients. Simmer gently for 15 to 20 minutes. Cool and pour over the beef in a large bowl. Marinate the meat for twelve to twenty-four hours, part of the time in the refrigerator. Pierce the meat with a long-tined fork occasionally to let the marinade penetrate. Turn the beef two or three times.

Place the meat in a casserole with about one cup of the liquid from the marinade. Arrange the carrots and herbs around it. Cover the top surface with bacon slices.

Cover the casserole with brown paper and then with the casserole lid. Bake in a 275 degree oven for about two and one-half hours.

Add the tomatoes. Continue baking another 30 minutes.

Remove the bacon slices but slice the meat at the table.

(Serve with buttered noodles and asparagus.)

Per Serving (excluding unknown items): 782 Calories; 58g Fat (67.5% calories from fat); 50g Protein; 12g Carbohydrate; 3g Dietary Fiber; 107mg Cholesterol; 159mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 2 1/2 Vegetable; 7 1/2 Fat.

Beef

Calories (kcal): 782
% Calories from Fat: 67.5%
% Calories from Carbohydrates: 6.5%
% Calories from Protein: 26.0%
Total Fat (g): 58g
Saturated Fat (g): 12g
Monounsaturated Fat (g): 30g
Polyunsaturated Fat (g): 115g
Cholesterol (mg): 107mg
Carbohydrate (g): 12g
Dietary Fiber (g): 3g
Protein (g): 50g
Sodium (mg): 159mg
Potassium (mg): 1273mg
Calcium (mg): 72mg
Iron (mg): 7mg
Zinc (mg): 9mg
Vitamin C (mg): 47mg
Vitamin A (i.u.): 15201IU
Vitamin A (r.e.): 1519 1/2RE

Vitamin B6 (mg): 1.2mg
Vitamin B12 (mcg): 6.0mcg
Thiamin B1 (mg): .3mg
Riboflavin B2 (mg): .5mg
Folacin (mcg): 72mcg
Niacin (mg): 10mg
Caffeine (mg): 0mg
Alcohol (kcal): 14
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 6 1/2
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 782 **Calories from Fat:** 528

% Daily Values*

Total Fat	58g	89%
Saturated Fat	12g	62%
Cholesterol	107mg	36%
Sodium	159mg	7%
Total Carbohydrates	12g	4%
Dietary Fiber	3g	13%
Protein	50g	
Vitamin A		304%
Vitamin C		78%
Calcium		7%
Iron		37%

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