

Carbonnade De Boeuf

Mrs. R. E. Coubig

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

*6 slices bacon
salt
pepper
3 pounds lean boneless beef chuck
OR rump, cut into two-inch chunks
5 tablespoons butter
5 tablespoons flour
4 large onions, coarsely chopped
1 1/2 cups beef stock
2 cans (10 ounce ea) beer
1 1/2 tablespoons sugar
1 tablespoon vinegar
1 large bay leaf
3 large cloves garlic
4 or 5 sprigs parsley, finely chopped*

In a heavy black iron Dutch oven, fry the bacon until crisp. Set aside. Pour off almost all of the fat, leaving just enough to have a thin film on the bottom.

Salt and pepper the meat lightly. Heat the fat until smoking hot. Brown the meat, a few pieces at a time. If needed, add a little more bacon fat. When all of the meat is browned, remove the meat and add butter to the pot. When the butter melts, stir in the flour until well blended and light brown.

Add the onions and saute' until soft and lightly browned. (You may need a little more bacon fat.) Add the beef stock and beer. Stir constantly over low heat until well blended and the mixture begins to boil.

Add the sugar, vinegar, bay leaf and garlic. Simmer for 2 to 3 minutes. Taste the sauce to see if the salt and pepper are sufficient. Stir in the parsley.

Return the meat to the pot. There should be sufficient sauce to cover, but if you are a little short, add more beer. Stir gently.

Cover the Dutch oven and place in the lower part of the oven at a temperature to keep it simmering for 1-1/2 to 2 hours. The meat should be fork-tender when ready.

Serve with noodles.

Per Serving (excluding unknown items): 1536 Calories; 79g Fat (51.9% calories from fat); 32g Protein; 133g Carbohydrate; 19g Dietary Fiber; 187mg Cholesterol; 4563mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 10 Vegetable; 14 Fat; 1 1/2 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1536	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	51.9%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	38.7%	Thiamin B1 (mg):	2.4mg
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	79g	Folacin (mcg):	509mcg
Saturated Fat (g):	43g	Niacin (mg):	12mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	292
Cholesterol (mg):	187mg	% Refuse:	0.0%
Carbohydrate (g):	133g		
Dietary Fiber (g):	19g	Food Exchanges	
Protein (g):	32g	Grain (Starch):	2
Sodium (mg):	4563mg	Lean Meat:	1 1/2
Potassium (mg):	2622mg	Vegetable:	10
Calcium (mg):	504mg	Fruit:	0
Iron (mg):	21mg	Non-Fat Milk:	0
Zinc (mg):	5mg	Fat:	14
Vitamin C (mg):	363mg	Other Carbohydrates:	1 1/2
Vitamin A (i.u.):	14657IU		
Vitamin A (r.e.):	1785RE		

Nutrition Facts

Amount Per Serving

Calories 1536 **Calories from Fat:** 797

% Daily Values*

Total Fat 79g	122%
Saturated Fat 43g	215%
Cholesterol 187mg	62%
Sodium 4563mg	190%
Total Carbohydrates 133g	44%
Dietary Fiber 19g	74%
Protein 32g	
Vitamin A	293%
Vitamin C	605%
Calcium	50%
Iron	117%

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