

Grillades

Weymouth Hall - Natchez, MS

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 8

4 pounds beef (round steak or veal rounds), 1/2-inch thick
1/2 cup bacon drippings
1/2 cup flour
1 cup onion, chopped
1 cup green onions, diced
1/4 cup celery, chopped
1 1/2 cups green bell pepper, chopped
2 cloves garlic, minced
2 cups tomato, peeled, seeded and diced
1/2 teaspoon tarragon
2/3 teaspoon thyme
1 cup water
1 cup red wine
3 teaspoons salt
1/2 teaspoon pepper
2 bay leaves
1/2 teaspoon Tabasco sauce
2 tablespoons Worcestershire sauce
3 tablespoons fresh parsley, chopped

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Remove the fat from the meat. Cut into serving pieces. Pound to 1/4-inch thick.

Place the meat in a Dutch oven. Brown the meat well in batches in four tablespoons of bacon grease. As it browns, place aside on a platter.

To the Dutch oven, add four more tablespoons of bacon grease and the flour. Stir to make a dark brown roux. Add the onion, green onions, celery, green bell pepper and garlic. Saute' until the vegetables are limp. Add the tomatoes, tarragon and thyme. Cook for 3 minutes. Add the water and wine. Stir well for several minutes.

Add the meat, salt, pepper, bay leaves, Tabasco and Worcester sauce. Lower the heat and continue cooking. (If using veal rounds, simmer, covered, for one hour. If beef is used, simmer for two hours or until tender.)

Remove the bay leaves. Stir in the parsley. More liquid may be added if needed.

Let sit for several hours or refrigerate overnight.

Serve over grits or rice.

Per Serving (excluding unknown items): 203 Calories; 13g Fat (64.8% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 941mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	203	Vitamin B6 (mg):	.2mg
% Calories from Fat:	64.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	30.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	13g	Folacin (mcg):	31mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	21
Cholesterol (mg):	13mg	% Refuse:	0.0%
Carbohydrate (g):	14g		
Dietary Fiber (g):	2g		
Protein (g):	2g		
Sodium (mg):	941mg		
Potassium (mg):	313mg		
Calcium (mg):	40mg		
Iron (mg):	2mg		
Zinc (mg):	trace		
Vitamin C (mg):	47mg		
Vitamin A (i.u.):	598IU		
Vitamin A (r.e.):	60 1/2RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 203 **Calories from Fat:** 131

% Daily Values*

Total Fat 13g	21%
Saturated Fat 6g	30%
Cholesterol 13mg	4%
Sodium 941mg	39%
Total Carbohydrates 14g	5%
Dietary Fiber 2g	8%
Protein 2g	
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Vitamin A	12%
Vitamin C	78%
Calcium	4%
Iron	9%

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