

Cabernet-Blue Cheese Sauce

Jan Boraca - Marshall Field's Distribution Center

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

2 whole shallots, peeled and finely chopped

1 clove garlic, pressed or finely chopped

1 bay leaf

4 black peppercorns, crushed

1 cup Cabernet Sauvignon wine

1 cup strong beef broth

1 tablespoon cornstarch

2 tablespoons cold water

4 ounces blue cheese

In a small saucepan, combine the shallots, garlic, bay leaf, peppercorns and wine. Boil until the liquid is reduced by three-fourths. Add the beef broth and simmer for 20 minutes.

Mix the cornstarch in cold water. Pour it into a pitcher, then strain it back into the pan. Mix a little of the hot sauce with the cornstarch paste, then return it to the saucepan and cook for 1 minute.

Whisk in four ounces of the blue cheese, keep hot but DO NOT BOIL.

To serve: Place the meat on a serving plate, top with the sauce and equally divide the four ounces of blue cheese.

Beef

Per Serving (excluding unknown items): 113 Calories; 8g Fat (65.0% calories from fat); 6g Protein; 4g Carbohydrate; trace Cholesterol; 397mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 Fat.