

Beouf Bourguignon

Recipe by Roger Praplan, La Gare Restaurant

La Gare's Beouf Bourguignon Sauce

Beef Stew Meat

Season Beef with salt and pepper, dust meat with flour, then sear. Pour sauce over the top of the Beef and Bake at 350* for 1 1/2 hour.



Grass-fed Beef Sliders

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1 lb Grass-fed Ground Beef

Salt and Pepper to taste

Sourdough Rolls

Season ground beef with salt and pepper to taste. Shape ground beef into small hamburger patties. Place patties on a grill and cook on both sides for approximately 5 minutes each side



Sloppy Giuseppe's

recipe © 1992 Douglas Nicosia

1 1/2 pounds ground or chopped beef 1/4 lb bacon or pancetta, 1/4" dice
2 tablespoons fennel seed
4 tablespoons *Sensuous Farms Chili Powder* or a mix of New Mex, Cayenne and Paprika powders
1 teaspoon oregano, minced 1 teaspoon dry basil
salt and freshly ground black pepper 2 medium brown onions, finely chopped
5 cloves garlic, minced 3/4 cup red wine
4 tablespoons tomato paste 1 can whole tomatoes (28-ounce), crushed by hand

In a large bowl, mix together the meats, fennel seed, chili powder, and salt and pepper. In a heavy enameled pan over medium-high, cook the meat until browned. Remove with a slotted spoon, set aside. Leave 1 tablespoon of fat in the pan - return to medium-high and add the onions and garlic. Add the oregano and basil. Cook until the onions are translucent. Add the red wine, then stir in the tomato paste, crushed tomatoes and oregano.

Bring the mixture to a boil and add the meat mixture. Turn the heat down and simmer 20 minutes. Taste and adjust seasoning with salt and pepper. If mixture is too thick, thin with a little water.



Sensuous Farms Beef Brasato

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2.5 pounds boneless beef short ribs or roast, cut in 2-inch chunks
6 tablespoons extra virgin olive oil 3 cups dry red wine with good acidity
4 cloves garlic, minced 2 brown onions, diced
1 carrot, 1.5" slices 1 stalk celery, 1/4" slices
6 sprigs fresh thyme Salt and ground black pepper
1 teaspoon dry sage or 3 fresh leaves, minced 1 teaspoon dry oregano

In a large bowl, combine 4 tablespoons olive oil, the wine, garlic, onions, carrots and celery. Season with salt and pepper. Add meat, mix well cover and refrigerate 24 hours. The next day, remove meat from marinade and pat dry on paper towels. Strain marinade into a large bowl. Reserve vegetables. Heat remaining oil in heavy enameled pot. Add meat, a few pieces at a time, and lightly brown. Remove to a bowl. Repeat until all meat is browned.

Add reserved onions and garlic to pot, lower heat and cook until starting to brown. Add basil and sage. Return meat to casserole, add salt and pepper, then add reserved vegetables from marinade. Pour in enough marinade to almost cover meat. Bring to a simmer, season with salt and pepper, lower heat, cover and cook 3 hours. Marinade will cook down, add more if it gets below a 1/2 inch. Skim any fat that surfaces. Check seasoning, adjust if necessary. Add water if the sauce is too thick. In Italy, we cook this in the morning, leave on offed stove and gently reheat before dinner. Serve over polenta or egg noodles. Left overs make a beautiful lasagna: shred beef and layer with leftover sauce, ricotta and mozzarella and lasagna noodles. Top with parmesan. Bake.

