



DAUBE BORDELAISE

- 2 Pounds Beef Rump Roast
- 1/4 Cup Olive Oil
- 1/2 Pound Sliced Mushrooms
- 8 Small White Onions
- 2 Tablespoons Flour
- 1 Cup Red Bordeaux Wine
- 1/4 Cup Water
- 1 Can Diced Tomatoes
- 1 Clove Garlic, Crushed
- 2 Tablespoons Chopped Parsley
- 1 Teaspoon Salt
- 1/8 Teaspoon Pepper
- 1 Carrot

DIRECTIONS

1. Slice the beef rump into four equal slices.
2. In a large heavy skillet brown meat on both sides in olive oil.
3. Remove from pan.
4. Add the mushrooms and sauté briefly, remove and reserve.
5. Add the onions and cook until browned.
6. Stir in the flour.
7. Gradually blend in the wine and water, stirring constantly until smooth.
8. Return the meat and mushrooms to the pan.
9. Add the tomatoes, garlic, parsley, salt, pepper, and sliced carrot.
10. Cover and simmer gently for two hours.