

Boeuf Bourgoneau

From Baroness Lady Genievieve de'Charbonneau

2 tbls. flour	1 ½ tsp. Salt
½ tsp. Pepper	2 lbs. Beef (cut into 1/2 inch bits)
½ cup cognac	2-cups Burgundy or red wine
1 cup chopped Onions	1 clove of Garlic
1 slice Carrot	¼ cup Parsley
1 Bay leaf	¼ tsp. Marjoram

Cut beef into cubes and wash with cold water, then drain. Mix together flour, salt and pepper. Lightly roll the cubes in the flour mixture and set aside. In a skillet add some oil and then brown the cubes on all sides. Then transfer the browned cubes into a casserole dish. Add to the skillet the onions, garlic and carrot; gently brown in the remaining fat. Then add this to the casserole dish. Pour cognac over this mixture and ignite after the flame has died; mix in parsley, bay, marjoram and the wine. Cover and bake at 350 for 2 1/5 hours. Serve over noodles.

Sideboard: This is considered to be typical French Provençal country food akin to the English potpies. The traditional recipe also adds in mushroom. In period it closely resembles Boeuf a la Ragout from *Le Menangier* and *La Varenne* of the 13th C.E.

Serves 8