

Carbonnades Flamandes

The distinctive taste of this Belgian beef stew comes from the addition of beer or ale. You should also try the Irish version of it, made with Guinness stout.

	6	12	20	50
lean chuck or rump	3 lbs	6 lbs	10 lbs	24 lbs
cooking oil	2 tbs	4 tbs	7 tbs	1 c
medium onions, sliced	1½ lbs	3 lbs	6 lbs	12 lbs
salt		(season to taste)		
freshly ground black pepper		(season to taste)		
garlic cloves, mashed	4 8	12	24	
beef stock or bouillon	1 c 2 c	4 c	8 c	
ale or beer	2–3 c	4 c	6 c	4–6
		12-oz cans		
brown sugar	2 tbs	¼ c	½ c	1 c
bouquet garni* composed				
of parsley	2 sprigs	4 sprigs	7 sprigs	½ bunch
bay leaves	1 2	3 6		
dried thyme	1 tsp	2 tsp	3 tsp	2 tbs
or				
fresh thyme	2 sprigs	4 sprigs	7 sprigs	15 sprigs
cornstarch mixed with	2 tbs	4 tbs	8 tbs	1 c
wine vinegar	2 tbs	4 tbs	8 tbs	1 c

*Tie the three herbs in a small square of cheesecloth.

Garnish

parsley	6 sprigs	12 sprigs	1 bunch	2 bunches
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Preheat the oven to 325°.

Cut the beef into 4 × ½ × 2-inch strips. Pat the strips dry, then heat the oil in a skillet and brown the beef quickly, a few strips at a time. Place the strips in a bowl as they are done.

When all the beef is browned, reduce the heat under the skillet, add the onions, and cook for 10 minutes, stirring. Season with salt and pepper, then stir in the garlic.

Sprinkle the beef with salt and pepper, then layer it in the casserole with the onions.

Heat the stock in the skillet, scraping up the pan juices and add to the meat. Add just enough beer or ale to cover, then stir in the brown sugar and bouquet garni. Bring the casserole to a simmer on top of the stove, then cover and place in the oven. Keep the casserole simmering for 1½ to 3 hours [large casseroles may take longer] or until the meat is tender.

Remove the bouquet garni and discard. Drain the liquid out of the casserole and skim the fat off it. Beat the cornstarch and vinegar mixture into the liquid, and simmer for 4 minutes or so in a saucepan. Taste, correct the seasonings, then pour the sauce back over the meat. (If it doesn't seem thick enough, add more cornstarch mixed with water and simmer again). Set aside until ready to serve, then heat through for 5 minutes or so.

Serve with noodles or boiled potatoes, and garnish with parsley.

Beef Stifatho

There are some nice surprises in this Greek beef stew. The vinegar gives it a pleasant acid taste, the cinnamon and cumin a quite domesticated exotic savor, and the feta, added just at the end so it all but melts, is smooth and creamy.

	6	12	20	50
beef chuck, cut into 1-inch cubes	2 lbs	4 lbs	7 lbs	16 lbs
olive oil	2 tbs	¼ c	½ c	¾ c
large onions, chopped	1	2	5	12
bay leaves	1	2	4	6
dried oregano	pinch	½ tsp	1 tsp	1 tbs
ground cinnamon	½ tsp	1 tsp	2 tsp	2 tbs
ground cumin	½ tsp	1 tsp	2 tsp	1½ tbs
		(or to taste)		
salt		(season to taste)		
freshly ground black pepper		(season to taste)		
dry, white wine	½ c	1 c	2 c	2 qts
35-ounce cans tomato sauce	1	2	5	10
35-ounce cans Italian tomatoes	1	2	5	10
red wine vinegar	2 tbs	¼ c	½ c	1½ c
small pearl onions, peeled	12	24	40	100
feta cheese, cubed	¼ lb	½ lb	1½ lbs	3 lbs

In a heavy skillet, brown the meat in the olive oil. Add the chopped onion and stir until it is browned, then add the herbs, spices, salt, pepper, and wine and simmer for 10 minutes. Add the tomato sauce, tomatoes, and vinegar and simmer, covered, until the meat is almost tender, about 30 minutes. If more liquid is needed, add water. If the Beef Stifatho is to be served at a later time, cool and store at this point.

When ready to serve, cook the small pearl onions in a large kettle of boiling water until almost tender. Heat the stew to bubbling, add the pearl onions, and simmer for 5 minutes, making sure the onions and the meat are tender, then add the feta cheese and simmer very slowly for 5 minutes longer, or until the cheese is hot but not really melted. Serve immediately.



Stuffed Cabbage

A Middle-European staple, stuffed cabbage is memorably aromatic and delicious. It is more delicious the day after it is made.

	6	12	20	50
large white cabbages	1	2	4	8
salt pork, chopped	¼ lb	½ lb	¾ lb	2¼ lbs
medium onions, chopped	½ c	1 c	1¾ c	3¼ c
garlic gloves, chopped	1	2	4	9
dried thyme	½ tsp	1 tsp	2 tsp	4 tsp
cooked rice*	1 c	2 c	5 c	8 c
ground lean pork	1 lb	2 lbs	4 lbs	8 lbs
chicken livers	2	4	8 (about ½ lb)	16 (about 1 lb)
eggs	1	2	4	8
salt and freshly ground black pepper		(season to taste)		
fresh dill weed, chopped	1 tsp	2 tsp	4 tsp	8 tsp
fresh parsley, chopped	2 tsp	4 tsp	7 tsp	3 tbs
bacon fat or oil	2 tbs	4 tbs	7 tbs	¾ c
carrots, peeled and chopped	½ c	1 c	1¾ c	4 c
bay leaves	½	1	2	4
medium onions, finely chopped	½ c	1 c	2 c	5 c
canned Italian plum tomatoes	2 c	4 c	6 c	4 35-oz cans
			(about 2 35-oz cans)	
sauerkraut	1 c	2 c	4 c	8 c

Garnish

sour cream

* One cup of raw rice yields three cups of cooked rice.

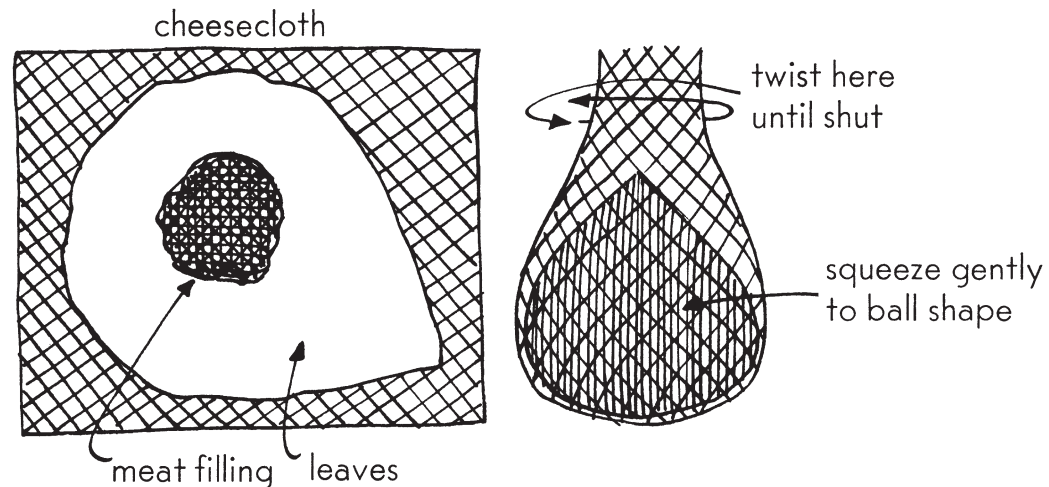
You will need a piece of cheesecloth doubled to 12 inches by 12 inches.

Pull the tough outer leaves off the cabbage. Remove the tough core. Drop the cabbage into boiling water and let it cook for about 5 minutes, or until the leaves separate easily. Invert the cabbage in a colander to cool and drain.

Cook the chopped salt pork in a skillet until rendered of fat. Remove and discard the solid pieces. Add the chopped onion and garlic and cook until wilted. Add the thyme and rice and stir to blend.

Put the pork in a large bowl, add the rice mixture, and stir lightly. Finely chop the chicken livers and add them to the pork mixture. Mix in the eggs, salt, pepper, dill, and parsley.

Separate the leaves of the cabbage and pat dry, then make a V-shaped cut at the base of each leaf. Rinse out a large square of cheesecloth in cold water, then squeeze dry and place on a flat surface. Place a large leaf in the center of the cloth, curly edge up. Put a smaller leaf in the center of the first leaf and spoon 1 or 2 tablespoons of filling into its center. Bring the four corners of cheesecloth together and twist, shaping the leaves into a compact round. Remove the ball from the cloth and set aside. Repeat until the filling is used up.



Preheat the oven to 400°.

Heat the bacon fat in a skillet, add the chopped carrots, bay leaves, and chopped onion, and cook until the onion is wilted. Add the canned tomatoes, then sprinkle with salt and pepper and stir in the sauerkraut. Scrape this sauce out of the skillet and into a heavy roasting pan.

Arrange the stuffed cabbage in a neat pattern all over the sauerkraut sauce, then cover with aluminum foil. [For large amounts, use heavy-duty foil roaster pans.] Bake for 1 to 1½ hours, or refrigerate and bake before serving the next day. Serve with sour cream.



Fresh Strawberries with Sabayon Sauce

When strawberries are in season, I hate to serve them with anything but sugar, but this sauce is my first choice for a garnish. It is sometimes served warm, but I prefer it chilled.

	6	12	20	50
strawberries, cleaned and hulled	2 pts	4 pts	7 pts	16 pts
Sauce				
egg yolks	4	8	14	32
sugar	½ c	1 c	1¾ c	4 c
heavy cream, whipped	½ pt	1 pt	2 pts	4 pts

Chill the strawberries until serving time.

Place the egg yolks and sugar in the top of a double boiler, or in a large heavy bowl that will fit over a saucepan of simmering water, and beat with a whisk until thick. (Do not overcook or the eggs will scramble.) If lumps form, strain before chilling. Chill.



Just before serving, fold in the whipped cream. Garnish each dish of strawberries with a tablespoon or two of the sauce.

Toasted Almond Parfait

This is a terribly easy assembly job. If you make it in clear cups, it's an attractive frozen dessert. Very good for large groups, and well liked by children if you leave out the rum. You may want to use blended syrup, as pure maple is expensive. Do not use "maple-flavoring."

	6	12	20	50
6-oz packages unblanched almonds	1	2	3½	8
maple syrup	¾ c	1½ c	2¾ c	6 c
rum (optional)	2 tbs	4 tbs	7 tbs	1 c
vanilla ice cream, softened	2 pts	2 qts	3½ qts	8 qts
Garnish				
heavy cream, to be whipped	1 c	2 c	3 c	5 c

Preheat the oven to 400°.

Spread the almonds on a baking sheet and toast in the oven, turning occasionally, until browned. Do not let them burn. Chop very fine with food chopper (*not* in the blender). Mix the almonds with the maple syrup to make a thin paste, adding the rum if desired.

Spoon a generous tablespoon of almond paste into the bottom of each of six parfait glasses [or 5-ounce disposable plastic cups]. Cover with a layer of ice cream. Continue the layers until the cups are full; then cover with plastic wrap and freeze until hard. Thirty minutes before serving, remove from the freezer and put in the refrigerator. Top with whipped cream.

