

*A NOTE FROM ANTHONY:*

The recipe below, for Flemish Carbonnade (a type of northern French stew) is one of the true the signature dishes of the North. You can use horse meat instead of beef but that's perhaps a taste (and concept) a little difficult for non-French "gourmandes."

It's usually eaten with Belgian fries (or as we say in the US, "French" fries...) and a nice, heavy northern French beer.

Enjoy!

Anthony

## **Carbonnades flammandes (Flemish Carbonnade)**

### *INGREDIENTS*

2 lbs of beef (cubed stew beef is fine)

3 tbsp lard or vegetable or canola oil (NOT olive oil)

1 large onion (chopped)

3 tbsp flour

1 liter dark beer (this is MUCH better with a northern French or Belgian beer such as Chiti, Pelforth, Chimay, etc. Many of these are available in the US at "designer" liquor stores and there are a few now being brewed in Canada & Nova Scotia which are VERY close to a good, dark N. French / Belgian beer.)

1 cup water

4 slices gingerbread (a half dozen gingerbread cookies will also work)

bay leaf & thyme

2 cloves

salt to taste

### *PREPARATION*

- 1) Cut the beef in cubes and in a heavy pot (cast iron, if available) brown the beef in the lard/oil until well seared.
- 2) Salt to taste and add the flour and onions and cook low for 5 minutes.
- 3) Deglaze with a little vinegar and add the beer and water.
- 4) After about 10 minutes on low, add the ginger bread (or cookies), bay leaf and thyme.
- 5) Cover and let simmer on low for at least 3 hours until the beef is very tender.