

RECIPES



BEEF STEW

1 to 2 lbs. Stewing Beef
2 T. Extra Virgin Light Olive Oil
2 C. Boiling Water
1 t. Garlic Salt
1 t. Onion Powder or 1 small onion
½ t. Salt
1 t. Black Pepper
1 t. Emeril Lagasse's Original Essence
2 Cubes Beef Bullion

Sear stewing beef in hot olive oil, for no more than 2 to 3 minutes, then place in a deep cooking pan.

Unwrap the 2 cubes of beef bullion and put into 2 cups boiling water and let dissolve. *I like to put the beef bullion in saran wrap, fold it over, put that in a dish towel, fold that over and smash it with a hammer. Or you could go more high tech and use a pestle, I really want one of those.*

Pour over the beef.

Sprinkle garlic salt, salt, black pepper and Emeril Lagasse's Original Essence Seasoning over the stewing beef, covering every part. Cover and cook at a simmer for several three to four hours, occasionally adding water if the necessity arises.

Variation:

I like to add a couple of packets of brown gravy mix and let it simmer in that.

Great to serve with:

Crisp cucumbers and tomatoes marinated (1 to 2 hours) in Italian salad dressing and homemade bread.

Happy Eating