

French Canadian Voyageur Stew

Ingredients:

3/4 pound salt bacon
2 pounds boneless beef, cut in 1-inch pieces
1/2 cup flour
1/2 pound cut baby carrots
1 16-ounce can small onions
1 1/2 cups white wine
1 cup burgandy wine
1 10-ounce can beef consomme
1/2 teaspoon salt
1 tablespoon ketchup
3/4 cup water
3 cups cooked wild rice
1 bay leaf
1/2 cup fresh mushrooms
2 tablespoons chopped parsley
3/4 teaspoon oregano
1/2 teaspoon black pepper
1 teaspoon minced garlic
1/2 teaspoon thyme

Directions:

Saute bacon until crisp in Dutch oven.
Remove, save drippings, crumble bacon.
In a paper bag, shake about half the beef and 3/4 cup flour.
Brown with 1 tablespoon drippings, then remove and set aside.
Do same with rest of beef, adding additional drippings as needed.
Return all to Dutch oven.
Add carrots, onions, herbs (except parsley), wine, consomme, salt, ketchup.
Cover and bake (stovetop on low or in oven at 325 degrees) an hour or so, stir,
bake until meat is tender.
Combine 3 tablespoons flour and water until smooth.
Stir in along with wild rice, mushrooms and parsley.
Continue baking, uncovered, until stew is thickened, about 1/2 hour.