

Subj: **Meal**

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Shivaun--Here is the recipe.BTW, this is for 3 pounds beef so you can up the ingredients accordingly.

Four pounds beef

2-4 slices bacon

6-8 whole cloves

1 medium onion

1 medium carrot

1 stalk celery

1 bottle red wine!!!! Use your judgement on that, pls.

1 stick cinnamon

3 tablespoons olive oil

Flour

1 teasp salt or to taste

ground pepper to

2 Tablespoons tomato paste

I hope you have time fo this recipe. If not let me know and I will come up with something else.

Forget the bacon.

In a big bowl,put in the marinade, which consists of the onion, carrot and celery finely minced, spread over meat. Add the wine and cinnamon and marinate as long as you can-- 8 hours is best, but I don't know what yr time frame is.

Taake the meat out of the marinade and dry well with paper towels. Put olive oil in a large stew pot with a good cover????

Add meat to oil and brown slowly over medium heat. Add s and p. Scoop minced vegetables out of marianade and add to pot. When sauteed a bit add marinade liquid. Add tomato paste dilutrd in warm water and id necessary add enuf water to cover th meat.Covet the pot. Bring to to a boil, simmer at a low temp for a couple,of hours. Three or four or four is best, but again, I don't know about your time frame. Maybe you can take the day off??Uncover the pot. and let the sauce boil down a bit. You can serve this wth pasta

and use the sauce with it. or use potatos as you see fit.

Now that I look at it, this seems a bit complicated for you. I have an alternative. Will send later. Dad

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