

Bob's Beef & Noodles 02/14/2013

3 Tbsp Olive Oil
3 Anchovies
¼ C. Sliced Onions
6 – 8 oz. New York Strip Steak – Sliced into ¼ inch strips
¼ C. all purpose flour
1 C. of Chateau Tebeau Cabernet Franc
1 C. of beef broth
1/8 Tsp. Allspice
1/8 Tsp. Ground Cumin
Pepper to Taste
½ Stick of Butter

Preparation:

Put the olive oil in a sauté pan., bring to medium heat. Add the 3 anchovies, sauté until dissolved, then add onions, sauté until translucent or slightly caramelized. Add the meat and sauté until medium then add the flour. Continue to sauté until slight crust forms on bottom of pan. Add wine to deglaze, sauté until alcohol odor is gone. Add butter and beef broth, bring to boil to thicken, reduce heat to a simmer. Simmer until desired thickness of gravy. Prepare noodles in separate pot until al denta, drain and add to sauté pan. Continue to simmer until noodles are tender.

Serve immediately