

# Boeuf en Danbe à la Niçoise 8 serv

3 lbs. stewing meat

Fat for browning, salt & pepper, 2 cloves garlic

6 sm whole onions, 6 med carrots (2 in pieces)

1/8 Tsp thyme 1 stalk celery in 1" pieces

1 grated rind of whole lemon

2 slices orange w/rind

1 slice smoked ham (bite size pieces)

1/2 + oz red wine + 6oz water

Season meat cubes w/s & p. Brown quickly in fat. Put in deep, heavy kettle. Add rest

of ingredients - simmer 1 1/2 hours covered.

Serve over garlic buttered french bread.

Add 1/2 c. wine 10 minutes before serving.