

BORDELAISE SAUCE

INGREDIENTS

- 4** Shallots (large) (peeled) (sliced)
- 6 T** Smart Balance margarine (unsalted)
- 2 C** Veal stock **OR** Beef bone marrow
- 1 C** Dry red wine (don't use cooking wine or expensive wine - just a good inexpensive red wine)
- Water

COOKING INSTRUCTIONS

- 1** Saute shallots & margarine in saute pan mixing often until have color (approx. 20 minutes)
- 2** Add wine, veal stock **OR** marrow with a couple of tablespoons of water
- 3** Reduce by 1/2 (1 C) & scrape the pan getting a quick view of the bottom
- 4** Strain the mix so all you have now is a sauce (no residue of shallots)

