

MARLYS BIELUNSKI'S ITALIAN STYLE BEEF

- 4 LB. BRISKET OF BEEF OR ANY INEXPENSIVE
ROAST
2 GARLIC CLOVES MINCED
1 CUP CHOPPED ONION
1 - 1/2 tsp CRUSHED FENNEL SEED (WHOLE SEED WILL WORK)

PLACE MEAT FAT SIDE UP IN A 10"X13" ROASTING PAN
(OR USE A ROASTING PAN WITH A COVER)
SPRINKLE GARLIC & FENNEL ON TOP THEN
COVER WITH THE ONIONS, IT'LL REALLY PILE
HIGH.

BAKE IN PREHEATED OVEN 1 HR AT 325°.
THEN COVER TIGHTLY FOR 2 MORE HOURS.
(OR USE MEAT THERMOMETER.)

WHILE THIS IS HAPPENING BRING THE
FOLLOWING TO A BOIL THEN SIMMER
FOR 15 MINUTES IN A 2 qt. SAUCE PAN

- 3 CUPS WATER
1 TBL SP. WORCESTER SAUCE
2 BEEF BOLLION CUBES (1 USE 4)
2 tsp ITALIAN SEASONING (OR OREGANO)
~~1 TBL SP. WORCESTER SAUCE~~
1 tsp SALT
1/4 tsp TABASCO
1 GREEN PEPPER CUT IN THIN STRIPS

WHEN MEAT IS DONE POUR JUICES & ONIONS
INTO LIQUID. COOL OVERNIGHT THE SLICE
VERY THIN ACCROSS GRAIN.

NOTE:

REHEAT JUICE & ADD MEAT AS NEEDED

I REFREEZE THE LIQUID SEVERAL TIMES IF
I MAKE TOO MUCH.