

Bordelaise Sauce

- 1 ¼ c. reduced sodium beef broth
- ¾ c. dry red wine
- 2 T. finely chopped onion or shallot
- 3 T. butter, softened
- 1 T. all purpose flour
- 1 T. snipped fresh parsley

In a medium saucepan, combine broth, wine, and shallot. Bring to just boiling: reduce heat. Simmer, uncovered for 25-30 min. or until reduced to about one cup, skimming surface often with a spoon.

In a small bowl, using a fork, stir together softened butter and flour to make a smooth paste. Stir butter mixture into wine mixture, *one tsp* at a time, stirring constantly.

Continue cooking and stirring until mixture is slightly thickened. Cook and stir for one minute more. If desired, stir in parsley. Serve with broiled or grilled beef or lamb. Makes about one cup of sauce.