

Boiled Beef, Warmed up in a Flemish Fashion

Cold Beef

3 onions

Stock

Flour

Butter

Sugar

Vinegar

Seasoning

Fry the onions cut in slices, let them cook slowly without getting brown. Cut the beef into pieces about an inch square put in pan , adding some stock, flour enough to slightly thicken, pepper, salt, 1 spoon vinegar and a small quantity of sugar. Just before serving adding a little butter

During the War years, and immediately following, Canadians were encouraged to be frugal with products such as meat, that were being shipped overseas to the troops and allied populations. Recipes, such as the one above, ensured that households could stretch out their beef rations through the use of leftovers.



Post Card Credit: Oxford County Archives Postcard, [after 1903]

Recipes Credit: *Helps to Overcome the High Cost of Living*, Zam-Buk Co. and C.E. Fulford, Ltd., 1916.

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