

Welcome to Villa Bodoira

Home of Bodo Ancestry & The Arts

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Linguine' Genovese':

1LB Roast Beef Shank	2LBS Vidalia or Yellow Spanish Onions
1LB Linguine Pasta	1cup Water
4tsp Brown Sugar	2Tbsp Parsley
1cup Grated Parmesan Cheese	1Tbsp Natures Season
1Tbsp Mrs. Dash Garlic Seasoning	1box Kleenex (To wipe away the water flowing from ones eyes, while chopping onions)

Serves: 4 (or 2 Kyles) *Chef:* Mark N. Bodo mbodo@accompany.com

1. Chop the Roast Beef Shank into 1 inch cubes. Over medium heat, brown the beef Shank in a Dutch Oven. Season meat with Nature's Season and Mrs. Dash.
2. Chop the yellow onions and place them in Dutch Oven. Try to avoid having large pieces of onion. The smaller the piece the faster it will stew.
NOTE: It is best to use a food processor, due to the pain and suffering one will feel by cutting onions. If you don't have a Food Processor, keep kleenex and water nearby.
3. Allow Beef and Onions to cook at medium for about 10 min.
4. Add water so it comes about a 1/4inch above the bottom of the pot.. Water is used mainly to help reduce the onions and prevent the beef and onion from sticking to the bottom. As the beef and onions stew, it may be necessary to add more water.
5. Add brown sugar. This will help breakdown the onions and bring out their sweetness.
6. Allow beef and onions to stew for 40min-1hr. Check and stir every 10min.
7. Once the onions have reduced, begin boiling water in a pot to cook the linguine. Add the 1lb of linguine to the boiling water
8. Once the linguine is cooked, strain. Add parsley to the beef and onion mixture and stir thoroughly. At this point, the beef should be flaky and moist.
9. Add noodles to the beef and onion stew. Stir well and serve.
10. Add paremessan cheese to taste.