**Espagnole Sauce**

1/2 carrot, coarsely chopped

1/2 onion, coarsely chopped

1/2 celery, coarsely chopped

2 Tbs. butter

2 Tbs. flour

2 c beef stock

1 Tbs. tomato paste

1 clove garlic, coarsely chopped

¼ tsp pepper

1 bay leaf

In your saucepan melt the butter over medium heat. Add the mirepoix and sauté for a few minutes. Add flour until it is mixed in the butter and is grainy. Cook for 4-5 minutes until roux darkens. Whisk in the stock a little at a time making sure no lumps form. Continually adding until it’s fully incorporated. Add the tomato paste and whisk well. Bring to a boil, then lower heat to a simmer. Add garlic, pepper and bay leaf. Simmer for 25-30 minutes. Using a strainer, remove all vegetables and bay leaf. Serve with mashed potatoes.

**Mashed Potatoes**

5 potatoes, peeled and diced

¼ c butter

2 Tbsp. milk

1 tsp. salt

Place potatoes in boiling water. Boil for 15-20 minutes. Drain in colander. Transfer potatoes to large bowl and add butter, milk and salt. Using your hand mixer, cream potatoes until there are no lumps.