

Beef "en daube"

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 5 hours

Chef's Notes

This dish is often served with fresh tagliatelle or polenta.

Taste even better the next day, if there are some bites left....

Other type of red wine can be used, like Bandol red, Languedoc-Roussillon or Corbière if you want to keep the touch from Provence. From other regions you have for example: Côtes du Rhône, Burgundy or Bordeaux. But remember the main ingredient for "en daube" stlye of cooking is the wine, so use a good one!

Beef can be replaced by lamb or pork.

Step 1: 1st mise en place

- 200 g tomatoes
- 4 garlic cloves
- 4-5 branches thyme
- 1/2 bunch flat parsley
- 1 tsp peppercorn (whole)
- 1 tsp tomato paste
- 1 orange
- 1 pc cheese cloth
- 1-2 bay leaves

Cut the tomatoes in large cubes (removing skin and seeds is optional).

Peel and crush the garlic.

Cut 3 stripes of orange zest (5cm x 1cm).

In a cheese cloth put together the thyme, 10 stems of parsley, peppercorn, bay leaves (this is called a "bouquet garni").

Set a side the leaves of parsley, which you will chop and add just before serving.

Step 2: Browning the beef

- 2 kg cubed beef stew (from square chuck, brisket or cheeks)
- 4-5 tbsp olive oil
- 50 g flour

Place the beef in a large bowl, add 3-4 tbsp oil, salt & pepper, mix well.

In a large hot pan, heat 1 tbsp oil and brown the cubes on each side on high heat.

Reduce the heat.

Sprinkle the beef with the flour, stir to glaze well each cube of meat.

Step 3: Cooking

- 1 bottle red wine (cahors type)

Add tomatoes, garlic, tomato paste, bouquet garni, salt & pepper to taste.

Add red wine, stir well and bring to a boil. Scum and add the orange zest.

Cover and let it cook over very low heat for 3 hours and 45 min.

Stir gently from time to time.

Step 4: 2nd mise en place while cooking

- 300 g small onions
- 1 ts sugar
- 50 ml water
- 200 g smoked bacon
- 30 g butter
- 2-3 carrots
- 50 g olives nicoises

Peel the small onions. Cut on two if they are too big.

Place them in a small pot together with the butter, sugar and water.

Cover and let it simmer on very low heat until the onions are soft and slightly caramelized. This is a long process 20-30 min. Set aside.

At the same time cut the bacon into stripes, about 1/2 cm thick.

In a pan, sauté the bacon until nicely coloured. Set aside.

Cut the carrots into large slices (1 cm).

Have the olives ready.

Step 5: Adding the last ingredients

After 3 hours and 45 min, taste and adjust seasoning.

Add the carrots and let cook for 15 min more, still covered.

Then, add the caramelized onions, the smoked bacon and olives.

Let cook 30 min more uncovered this time.

Just before serving add the chopped parsley.