

Danielle Alvarez's Beef Daube

from "Recipes for a Lifetime of Beautiful Cooking"
by Danielle Alvarez with Libby Travers

Serves 6

INGREDIENTS

2kg beef chuck
(or other meaty cut which is good for
braising)
Salt and black pepper
400ml red wine
2 Tbls. olive oil
2 onions, peeled and diced small
1.5 Tbls. plain flour
4 carrots, peeled and cut into large chunks
2 branch celery, halved
5 garlic cloves, crushed
30g dried mushrooms
Bouquet garni with rosemary,
thyme and bay leaf
(tied together with a piece of twine)
1L beef stock
Pinch of ground clove

METHOD

Dice your beef into large 6-7 cm square chunks. Season the beef with salt and then submerge in the red wine and refrigerate, covered, overnight.

Preheat your oven to 150°C.

The following day, heat a large dutch oven or heavy pot over high heat and add the olive oil. Brown the pieces of beef in to the oil in several batches so you don't overcrowd the pan and steam the beef instead of browning it. As the pieces get browned all over, set them off to the side in a plate or bowl. Reserve the red wine.

Once all the beef is browned, add in the onions and sweat down with a pinch of salt until they are soft and sweet and start to caramelize. Add in the flour and stir that around to cook the flour for about 30 seconds.

Next, add in the reserved red wine and let that simmer for about a minute. After that, add in the browned beef, carrots, garlic, celery, bouquet garni, dried mushrooms, stock, pinch of clove and a few cracks of freshly ground black pepper. Bring this up to a simmer and put a lid on and place into the oven for 3-3.5 hours until the beef is meltingly tender.

TO FINISH

Pull out the bouquet garni and the celery from the stew but leave everything else in. Taste for seasoning and adjust with salt and black pepper. Serve with creamy polenta or crispy fried Panisse.

Photo by Alan Benson

