
RECIPE

DAUBE PROVENÇALE DE BOEUF



This dish of beef slowly cooked with wine represents everything that I like about country food from the south of France, and is ideal for us. It is rich, aromatic and full of flavour. As well as producing a number of wines from Rhône grape varieties, we are in a region with fantastic olives and oranges. Serve it with the wine you've used in the cooking. This makes a wonderful Sunday lunch dish after a nice long walk on a cool autumn or winter's day. Pair with Peloton Rouge, Grenache or Mourvèdre.

1 kg (2 1/4 lb) topside of beef cut into 6 to 8 pieces
115g (4 oz) smoked streaky bacon or lardons
275 ml (1/2 pt) red wine - the same wine as you plan to drink ideally
3 tbsp olive oil – good, well-flavoured oil
1 tsp dried herbes de Provence
225g (8 oz) tomatoes - peeled and chopped
1-2 cloves of garlic, peeled and chopped
8-10 button or pickling onions
100g butter
Pinch dried thyme or fresh thyme sprigs
A strip of orange peel
2 anchovy fillets, chopped
A handful of pitted black olives
Salt and pepper
A small handful of green beans
A carrot or two
Parsley to garnish, optional

In a bowl mix the wine with the olive oil, garlic, herbs and some salt and pepper. Add the meat to the marinade and turn it over in it. Place the meat and the marinade in a plastic bag, seal and place in the bowl. In this way the liquid makes better all-over contact with the meat. Leave in a cold place or the refrigerator for 1-2 days, turning the meat over now and again.

Peel the onions – melt butter in a thick-bottomed pan and cook the onions at a low heat with a couple of bay leaves and some thyme. Shake the pan occasionally to stop the onions from sticking

Cook the bacon in a cast-iron casserole until the fat runs. Add the beef and sear lightly all over. Pour in the marinade with the tomatoes, orange peel and the anchovies and bring to the boil.

Cover the casserole with a tight-fitting lid and cook in a low oven (Mark 2, 160°C, 325°F) for 1 1/2 to 2 hours until beautifully tender. Add the olives 10 minutes before serving.

In the meantime prepare the green beans and carrots to serve with the stew.

Serve with the sauce and vegetables, or over plain boiled rice or noodles. Serves 5-6.

Painted Wolf Wines supports the conservation of the highly endangered painted wolf (African wild dog) and the protection of the diminishing wild spaces of Africa, through its donations to the EWT – www.ewt.org.za and Tusk – www.tusk.org.