

Provençal Beef Daube

Adapted from *The River Cottage Meat Book* by Hugh Fearnley-Whittingstall (Hodder & Stoughton, 2004)



Ingredients

750g stewing beef, trimmed and cubed	2 sprigs of thyme
2 tbsp vegetable oil	2 strip of finely pared orange zest
175g rind-on bacon, cut into 2cm pieces	2 carrots, peeled and cut into chunks
500ml white wine	2 stalks of celery, cut into 5cm lengths
500ml beef stock	400g can chopped tomatoes
1 onion, peeled and cut in half	freshly ground black pepper to taste
4 cloves	25g unsalted butter
4 garlic cloves, peeled and crushed	salt to taste
2 bay leaves	1 tbsp parsley, roughly chopped



Method

1. Preheat the oven to 120°C
2. Heat the oil in a large, heavy based frying pan
3. Brown the bacon until not quite crisp
4. Remove the bacon, with a slotted spoon, to a large flame proof casserole
5. Brown the beef, in batches, in the frying pan and transfer to the casserole
6. De-glaze the pan with a glass of the wine
7. Add the rest of the wine to the pan, bring to the boil, stir well and then pour it all into the casserole
8. Bring the stock to the boil and add enough to the casserole to cover the beef by at least 2cm
9. Stick two cloves in each half of the onion and add to the casserole
10. Add the rest of the ingredients, except the parsley, salt and butter, to the casserole and bring to the boil
11. Cover the casserole with a well-fitting lid and put in the oven for 3 hours or so, until the beef is tender
12. At this point the dish may be left to cool for several hours, or overnight, to develop the fullest flavour
13. When ready to continue, remove and discard the onion, cloves, celery and herbs
14. Strain the stew's liquid into a sauté pan or large frying pan and retain the solids
15. Reduce the liquid by about two thirds over a high heat
16. Stir in the butter and continue reducing until the sauce has achieved a syrupy consistency
17. Return the solids to the pan and simmer until all is warmed through
18. Check the seasoning and garnish with the parsley
19. Serve with a contrasting green vegetable, such as brussels sprouts or green beans, baby carrots, boiled potatoes and plenty of fresh bread to mop up the sauce

Serves: four