

BEEF DAUBE PROVENÇAL

PAIRED WITH 2020 MOUNTAIN CUVÉE | YIELDS 6 SERVINGS

INGREDIENTS

1 tbsp Olive Oil
12 Garlic Cloves, crushed
2 lbs Boneless chuck roast, trimmed and cut into 2-inch cubes
1 cup Flour, all purpose or brown rice flour for gluten-free
Kosher Salt as needed
Freshly ground Black Pepper as needed
1 cup Red Wine
2 cups Onion, 1 inch dice
1½ cups Carrot, 1 inch dice

1 tbsp Tomato Paste
3 cups Beef Stock, homemade if possible
1 cup Dried Plums, cut in quarters
¼ cup fresh Orange Zest
1 tsp fresh Rosemary, minced
1 tsp fresh Thyme, minced
1 tsp ground Cinnamon
½ tsp ground Cloves
1 can diced Tomatoes, undrained (14.5 oz)
1 fresh Bay Leaf

METHOD

1. Preheat oven to 300°F.
2. Heat olive oil in a small Dutch oven over low heat. Add garlic to pan; cook for 5 minutes or until garlic is fragrant, stirring occasionally. Remove garlic with a slotted spoon; set aside.
3. Increase heat to medium-high. Season beef with salt and pepper then dust beef with flour. Shake off excess flour then add beef to pan. Sear beef cubes, browning on all sides. Remove beef from pan to a bowl.
4. Add wine to pan, and bring to a boil, scraping pan to loosen browned bits then pour liquid onto already seared beef.
5. Add more olive oil, if needed then add the onion and carrot and cook for 5 minutes. Add the tomato paste and continue cooking for about 3 minutes to brown paste a bit.
6. Add the cooked garlic, beef/wine mixture, plums, orange zest, rosemary, thyme, cinnamon, clove, tomato, bay leaf and a pinch of salt and few grinds of black pepper.
7. Cover and bake at 300° for 2½ hours or until beef is tender. Discard bay leaf.
8. Serve immediately with mashed potatoes, cous cous, or rice. Can be served with baked puff pastry to elevate the presentation.
9. Garnish with chopped fresh thyme or rosemary, if desired.