

Daube of Beef with Oranges in a rich Pinot Noir Sauce



what you need

- 1kg John Penny stewing beef (shin is tasty) cubed
- 2tbsp olive oil
- 150g lardons (small strip or cube of pork fat) or pancetta, chopped
- 1tbsp plain flour
- 200ml Pinot Noir
- 200ml beef stock
- 1 red onion, chopped
- 2 cloves garlic, crushed
- 2 bay leaves
- 4 cloves
- sprig of thyme
- 2 oranges, 1 zested and both juiced
- 200g carrots
- 4 sticks celery
- freshly ground black pepper

Cooking time: 3 hrs plus overnight improving

Serves: 4

how to cook

- 1 Preheat the oven to Gas 2, 150°C, fan 130°C, 300°F.
- 2 Heat the olive oil in a large casserole dish, which has a tight-fitting lid, and add the cubed meat. Brown all over, then add the lardons or pancetta (if using) to the pan and cook for a few moments.
- 3 Sprinkle in the flour, stir well, then add the wine and stock, mixing thoroughly to combine.
- 4 Add the red onion and garlic to the daube, along with the bay leaves, cloves, thyme, orange juice and zest. Simmer, then add the carrots, celery and pepper and put the lid on before placing in the oven for 1 hour 40 minutes.
- 5 Remove the casserole from the oven.
- 6 Allow to cool before storing in the fridge overnight to improve the flavours.
- 7 When ready to use, reheat in the oven at Gas 4, 180°C, 350°F for 25 to 30 minutes.