

Le Daube de Boeuf



Preparation time: 30 mins

Cooking time: 2 hrs 30 mins

Serves: 6

how to cook

- 1 Preheat the oven to Gas 2, 150°C, fan 130°C, 300°F.
- 2 Put the olive oil in a casserole dish.
- 3 Add $\frac{3}{4}$ of the pancetta, then the vegetables. Arrange the beef on top.
- 4 Flatten the garlic cloves with a knife and bury among the meat, along with the bundle of herbs. Cover with the rest of the pancetta.
- 5 Place on a medium heat, and begin to cook, uncovered.
- 6 After about 10 minutes, pour the wine into another pan, bring it to a fast boil.
- 7 Pour the bubbling wine over the meat. Cover with a lid and transfer to the oven for about 2½ hours.
- 8 Remove the herbs and serve, sprinkled with a little persillade.
- 9 This is good served with a wide, rippled pasta such as pappardelle, mixed with some of the beef's juices.

what you need

- 1kg John Penny top rump of beef, sliced into large squares about 1cm thick
- 2 tbsp olive oil
- 280g pancetta
- 2 onions, thinly sliced
- 2 carrots, sliced on the diagonal
- 1 stick of celery
- 2 tomatoes, skinned and sliced
- 2 cloves garlic
- 1 sprig thyme
- 1 bay leaf
- 1 sprig parsley
- 300ml red wine
- Freshly ground pepper
- Persillade, To garnish

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