

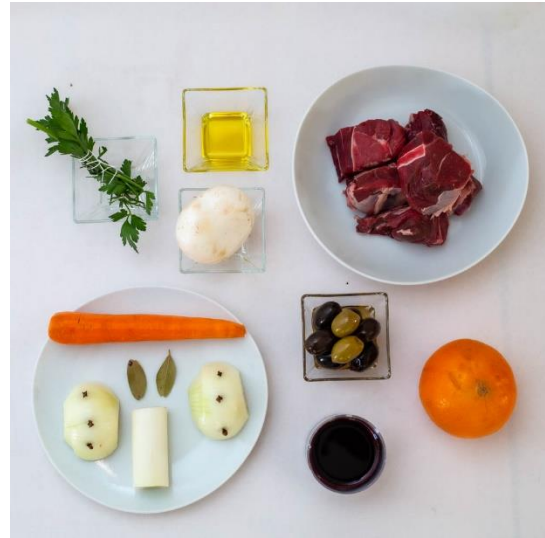
Daube Provençale

Ingredients (feeds 6)

- 1.2 kg beef (well-grown beef, eg. Cheek)
- 180g chopped onion
- 150g of smoked pork belly, cut into small cubes
- Bouquet garni
- 100g pitted black and green olives mixed

Marinade

- 1 bottle of red wine (preferably from Provence)
- 2 carrots
- 1 onion
- 5 pcs. Cloves
- 2 bay leaves
- Leek
- zest of half an orange (without the white skin)
- Olive oil



Refining

In Provence, wild boar is often used instead of beef. This gives the stew a more rustic touch. Like all fine stews, especially with beef, you can always ignite the umami rocket. Mushrooms, bonito flakes, a dash of soy sauce.

At the same time, you can experiment with the quantity and intensity of the olives. Fewer olives makes the stew less bitter and milder. Alternatively, you can replace the olives with some tapenade. You can also replace about ¼ of the wine with mineral water for the marinade. This will soften the meat a little.

Culinamus

For our **Culinamus** Daube we start with the basic recipe and depending on the mood of the day we start a more or less big umami firework.

Preparation

(15 minutes the day before)

- Cut the carrots, onion and leek into large pieces
- Prepare the cloves, bay leaves, olive oil, orange zest and red wine
- Put all the ingredients in a bowl, stir and leave in the fridge overnight

Cooking

(3 ½ hours)

- Get the onions, bacon, olives, bouquet garni and olive oil ready
- Take the marinated meat out of the fridge. Separate the meat from the marinade and pat dry with paper towels. Place the carrots and leeks separately in a bowl with the bay leaves. What remains is the wine with the onions and the orange zest.



- Fry the meat in a casserole with a little olive oil until well browned on all sides
- at the same time, heat some olive oil in a frying pan and sauté the onions.
- add bacon and brown slightly, add carrots and leeks and roast.

- Parallel to that bring the marinade with orange zest, onion, cloves and 200ml water to the boil and let it boil for a couple of minutes.



- Add the fried onions with the bacon to the meat and stir.
- Strain the marinade through a sieve and add to the meat. The orange zest and the onions are no longer used.

- Optionally you can now add mushrooms or bonito flakes.

- Add the bouquet garni and season with salt and pepper.
- Simmer gently for 3 hours with a closed lid.



- Half an hour before the end of cooking, add the olives.

- If you have enough time, let the Daube cool down (preferably overnight) and carefully warm it up (the next day).

And next is...

Potatoes, pasta or simply a piece of fine baguette go well with Daube. The right wine should definitely be full-bodied. A Provençal red wine would be ideal. We can think of a 'Terra d'Or' from the Domaine Les Beates. If you don't like red wine, you can try the same wine as white wine. Both versions fantastic. Alternatively, you can of course also rely on a good Châteauneuf-du-Pape.



CULINAMUS!!