

## **BEEF DAUBE**

**INGREDIENTS:** 

1 Kilo of beef skirt, trimmed and cut into bite-size chunks

250g diced belly pork

2 tablespoons olive oil

1 onion, one carrot, one celery stick, all diced

4 crushed garlic cloves

500g peeled shallots

3 tablespoons brandy

1 tablespoon pitted black olives

2 curls dried orange zest

2-inch piece of cinnamon stick, two bay leaves

250 ml strong red wineSsea salt & freshly-ground pepper

TIME: 3 Hours

**SERVING:** 4 - 6 people



Remove the rind from the belly pork and cut into small squares and cut the meat into chunks. Heat the oil in a large flame-proof casserole and cook the onion, carrot, celery and garlic for a minute then add the shallots. Fry gently until slightly coloured then add the beef and pork and brown on all sides. Pour in the brandy and flame it, then add the diced pork rind, olives, orange zest, cinnamon and bay leaves. Pour in the wine and add enough water to submerge the meat. Season well with pepper. Turn down the heat and cover the pot and either simmer over a very low heat or cook in an oven preheated to 180C gas mark 4 for two hours. Remove the lid for the last half hour of cooking to allow the juices to reduce and season with salt before serving.

Enjoy! Malcolm & Julie Pyne

## **YOUR NOTES:**

