



Daube Provençale

Serves 4; preparation: 15 mins; Marinade: 3 hrs; Cooking time: 3 hrs

Ingredients

800g braising beef
2 tomatoes
1 carrot
4 onions
2 garlic cloves
150g unsmoked bacon lardons
3 tbsp olive oil
100g black olives

Marinade

500 ml dry white wine
2 tbsp olive oil
1 small glass of cognac/brandy (liqueur or shot glass)
a handful of parsley, chopped
1 bouquet garni
salt and pepper

Method

1. Prepare the marinade: pour the white wine in a large bowl, add salt and pepper, the cognac, bouquet garni, olive oil and the chopped parsley.
2. Cut the meat into large chunks, place them in the marinade and leave in the fridge for 3 hours
3. Peel the onions and garlic and finely chop. Peel the tomatoes and remove the seeds before cutting them into quarters. Peel the carrot and cut it into round slices.
4. In a deep pan, heat the oil and fry the vegetables and lardons for a few minutes before adding the meat and pouring the marinade over it. Bring to the boil, then reduce the heat and cook on low heat for 3 hours.
5. Add the olives and bring back to the boil for a minute.
6. Serve with tagliatelle.