



BEEF DAUBE  
PROVENÇAL

*Trefethen*

## BEEF DAUBE PROVENÇAL



### INGREDIENTS

2 tsp Trefethen extra virgin olive oil  
10 garlic cloves, crushed  
2 lb boneless chuck roast, trimmed & cut into 2-in cubes  
1 ½ tsp salt, divided  
½ tsp freshly ground black pepper, divided  
1 cup Trefethen Malbec  
2 cup carrot, chopped  
1 ½ cup onion, chopped  
½ cup low-sodium beef broth  
1 Tbsp tomato paste  
16 oz can diced tomatoes, undrained  
1 tsp fresh thyme, chopped  
1 tsp fresh rosemary, chopped  
1 bay leaf  
dash of ground cloves

### PROCEDURE

1. Preheat oven to 300F.
2. Heat Trefethen olive oil in a small Dutch oven over low heat. Add garlic to pan and cook for 5 minutes or until garlic is fragrant, stirring occasionally. Remove garlic from pan with a slotted spoon and set aside.
3. Increase heat to medium-high, add beef to pot, and sprinkle with 1/2 tsp salt and 1/4 tsp black pepper. Cook for 5 minutes, taking care to brown all sides of the beef. Once cooked, remove beef from pot and set aside.
4. Add Trefethen Malbec to pot, bring it to a boil and scrape pot to loosen browned bits. Add garlic, beef, carrot, onion, broth, tomato paste, diced tomato, chopped herbs, ground cloves, bay leaf, and remaining 1 tsp salt and 1/4 tsp pepper to pot and bring to a boil.
5. Cover and bake in oven at 300F for 2 1/2 hours or until beef is tender. Discard bay leaf and serve over creamy polenta or with your favorite crusty bread, garnished with additional chopped fresh thyme, if desired. Enjoy!

### TREFETHEN WINE PAIRING

***Malbec:** Hypnotic black fruit aromas of blueberry, blackberry, and huckleberry emerge with undertones of anise, mint, and a hint of leather. Fine tannins wrap your palate in silk for a long finish.*