



Brian Anderson | Chef/Owner
Bistro 29 | Santa Rosa, CA
www.bistro29.com



Yields 4 Servings

2-3 lbs nicely Marbled Beef (I use chuck flap)
2 large White Onions, sliced
6 cloves Garlic
6 Juniper Berries
2 Bay Leaves
Salt and Peppers to taste
1 bottle Red Wine, such as Cab or Bordeaux
1 quart Chicken Stock
3 sprigs Thyme

Portion the beef into large pieces about 8 to 10 ounces & season with salt & pepper on all sides. Put a large, deep braising pan on high heat. Coat the bottom of the pan with the smallest amount of oil. Place the meat in the pan & do not overcrowd the pan. Let the meat brown without disruption until a golden crust forms. Turn and repeat on the other side. Remove the meat from the pan, add the onions & garlic & lightly sauté, but do not brown. Add the thyme, bay leaves, juniper berries & meat back to the pot. Pour the red wine over the meat until it comes $\frac{3}{4}$ of the way up the meat, then add enough chicken stock to just cover the meat. Place a cover or foil over the pot & place in a 350° oven for about 4 hours or until fork tender. I prefer to make the braised beef one or two days ahead in order for it to sit in the refrigerator & develop more flavors. To serve, reheat slowly in the liquid, either over a burner or back in the oven. When the meat is soft & almost falling apart, take it out of the liquid & reduce the liquid until it coats a spoon. Spoon the sauce over the meat and enjoy.



Red Wine Braised Beef (Daube)

ALD-112 Pasta Bowl W 15½ oz 11¼" 1 dz



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