



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



Yields 4 Servings

2-3 lb nicely Marbled Beef (I use chuck flap)

2 large White Onions, sliced

6 cloves Garlic

6 Juniper Berries

2 Bay Leaves

Salt and Pepper to taste

1 bottle Red Wine such as Cab or Bordeaux

1 quart Chicken Stock

3 sprigs of Thyme



Red Wine Braised Beef (Daube)

ALD-112 Pasta Bowl W 15 1/2 oz 11 1/4" 1 dz



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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 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 of time in order for it to sit in the refrigerator & develop more flavor. 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.

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