

INGREDIENTS:

1 piece of beef blade weighing around two kilos

5 onions, chopped

5 garlic cloves, crushed

1 litre of beef stock made with two capsules

1 bottle red wine

3 tablespoons olive oil

1 heaped teaspoon coarsely-crushed black peppercorns

Sea salt and freshly-ground black pepper

Large bouquet garni of thyme

Parsley and bay leaf

TIME: 7 Hours

SERVING: 6 people



Heat the oven to 150C gas mark 2. Heat the oil in a large casserole, salt the meat and brown on all sides then remove. Add the onions, garlic, crushed peppercorns and bouquet garni and sweat gently for 10 minutes, stirring frequently. Replace the meat, add the wine and the stock – the meat should be just covered. Cover and place in the oven for seven hours, turning the meat from time to time. Serve with crushed potatoes and spinach.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: