

## *Beef Provençal*

**Serves 4**

**Cuisine: French**

Preparation Time: 15 Minutes

Cooking Time: 4 Hours

**Ingredients:**

750g Beef cheek, fat trimmed off and cut into large, portion sized chunks  
1 Carrot, peeled and roughly chopped  
2 Sticks of Celery, trimmed and chopped  
6 Garlic cloves, peeled  
2 Onions, peeled and coarsely chopped  
1 Orange – zest and juice  
3 Bay leaves  
1 tbsp Tomato paste  
2 Ripe tomatoes  
1 bottle Côte de Provence (rosé) wine  
4 Star anise  
1 tbsp fennel seeds  
20 baby pearl onions  
25g unsalted butter  
50g girolle mushrooms, cleaned and trimmed  
2L Beef stock  
1 Bunch of Basil – pick out the small leaves and clusters  
100g Mixed olives  
Polenta  
Olive oil  
Maldon sea salt and freshly ground black pepper  
Sprigs of Thyme and Rosemary  
Parmesan grated

**Method:**

1. Pre heat oven to 160°C
2. Add oil to a hot pan and sear the beef chunks until browned all over. Remove and drain on a plate (not on kitchen towel – you want the juices reserved).
3. In the same pan, fry the peeled and chopped vegetables until golden brown.
4. Add the tomato paste, herbs and spices, juice, zest and the wine.
5. Boil until reduced by half, then place into a large casserole or roasting tin, add the beef and reserved juices.
6. Add the stock and tomatoes and bring to a gentle simmer. Cover with dampened greaseproof paper and place into the oven for 3½ hours or until the beef is tender.
7. Leave to cool then take out the meat.

8. Caramelize the onions in a pan with butter and oil, add the mushrooms and a little lemon juice and cook for 2-3 minutes until mushrooms are done.
9. Pass the sauce through a fine meshed sieve and boil until slightly thickened.

**To Serve:**

Place some softly cooked polenta, seasoned and flavoured with Parmesan into serving bowls. Top with a portion each of the beef. Surround with the sauce and the caramelized onions, girolles and olives. Sprinkle over the basil leaves and serve.

**Chef's Notes:**