

BEEF DAUBE & ROASTED POTATOES (SERVES 6)



SHOPPING LIST:

2.6 lbs	Beef Stew Meat (or Lamb)
8 oz	Bacon
10 oz	Carrot (cut, 1-inch pieces)
10 oz	Onion, diced (cut, 1-inch pieces)
8 oz	Mushroom (quartered)
3 oz	Garlic (chopped) 1.5 oz reserved
1 small	Fennel Bulb (cut, wedges)
1 cup	Olives, black, pitted (Nicoise or Kalamata)
2 cups	Wine, red or white
1 cup	Chicken Stock
	Salt to taste (olives to finish, will increase salt)
2 Tbsp	Butter
3 - 4 lbs	Potatoes

TERRA SPICE INGREDIENTS:

2 tps	Orange Peel Granules
1 Tbsp	Terra Spice Hint of Montreal®
1 tps	Herbes de Provence
2 tsp	Terra Spice Tomato Powder
2 Tbsp	Arrowroot Powder

BOUQUET GARNI:

1 each	Terra Spice Bay leaf, whole hand select, Turkish
1 Tbsp	Terra Spice Peppercorn, black, Malabar, whole
1 each	Terra Spice Cloves, Penang, whole
or	
1 Tbsp	Terra Spice Bouquet Garni

ADDITIONAL TIPS & INFORMATION

Beef Daube with Roasted Potatoes traditionally comes from the southern region of France. This is a beef and vegetable stew using Provençal ingredients. Lamb can also be used in place of beef. This daube recipe is perfect for stovetop or crock pot cooking. Using Terra Spice: Hint of Montreal®, Orange Peel Granules, Herbes de Provence, Terra Spice Bay leaf, whole hand select, Turkish, Terra Spice Peppercorn, black, Malabar, whole, Terra Spice Cloves, Penang, whole, Arrowroot Powder, Tomato Powder and Terra Spice Bouquet Garni.

BEEF DAUBE & ROASTED POTATOES PROCEDURES



Make sure the beef is well drained and blotted dry.



In a large sauté pan, brown the meat on high heat.



If you did not burn the fond (residual brown stuff in the pan) deglaze the pan with water and scrape using a spatula. Loosen all the fond up in the water. This is called a jus. If the fond is



too dark, deglaze it and throw it away. You will have a clean pan to do the second or third batch of meat depending on how big your pan is.



Once brown, put the beef in your crock- pot with the wine, the jus, a good pinch of coarse sea salt and start the cooking process based on your crock-pot manual.



Using a tea ball for the bouquet garni can make it easier than using a cheese cloth. Make sure the tea ball is stainless steel.



BEEF DAUBE & ROASTED POTATOES PROCEDURES



Peel and cut the carrot and onion into large pieces (1 inch) and start browning them on high heat. When almost brown, add the chopped garlic and keep browning until done.



Once brown, remove the vegetables from the pan and deglaze the pan with a little water. Put the deglazing liquid in with the vegetables. If the pan ends up burnt (black rather than brown) do not deglaze and skip that step.



While the vegetables are browning, clean and cut the fennel into wedges. Place the wedges in a pot with a small amount of water (about ¼ inches at the bottom of the pan).

BEEF DAUBE & ROASTED POTATOES PROCEDURES



Add the rest of the garlic cloves to the fennel, a good pinch of salt, cover and cook for 15 minutes or until you like the texture of the fennel.

Reserve the garlic and fennel until needed.

NOTE:

Should there be a little water left in the pan, you can pour it in the cooking stew. The fennel could be part of the carrot and onion that you browned earlier. Cooking them separately will ensure control over the doneness of the fennel.



While the fennel is cooking, wash and quarter the mushrooms Brown them in a sauté pan on high heat.

BEEF DAUBE & ROASTED POTATOES PROCEDURES



Cut the bacon slices into large lardons and render them into a pan until most of the fat is melted. Drain the fat into a bowl and reserve the melted fat for the potatoes. We avoid using bacon with nitrates, and doing so will not affect the recipe.



You can leave the olives whole or cut them into pieces.



Cut and reserve the potatoes for later use. All of the mise en place is now complete.

BEEF DAUBE & ROASTED POTATOES PROCEDURES



FINISHING THE STEW:

Turn your oven on 380 degrees to roast the potatoes.

When the stew has about one hour of cooking time left (if using a crock pot) or 30 minutes if you are cooking on the stove top. It is time to add the brown vegetables, mushrooms and spices - 2 tsp Orange Peel Granules, 1 Tbsp Terra Spice Hint of Montreal and 1 tsp Herbes de Provence. In order not to stop the cooking process while using a crock-pot, put all the vegetables (beside the fennel and garlic cloves) in a pot with the chicken stock. Heat it up in a pan on the stove before adding it in the crock-pot. The cooking process will not be interrupted.



It will take a good hour to get the potatoes cooked and crisp.

Start by heating a sauté pan. Use the reserved bacon fat and some cooking oil. Do not use the brown residual from the bacon fat. Start the potatoes on high heat then place them in the hot oven.

You want to have nice crispy potatoes to contrast the soft texture of stew.

BEEF DAUBE & ROASTED POTATOES PROCEDURES



Before serving the stew, gently reheat the fennel wedges and garlic glove with 2 Tbsp of butter and 1 Tbsp of olive oil.



Place the fennel and garlic on the dish when you serve the stew.

TO THICKEN THE SAUCE:

Strain the stew liquid into a large pan and reserved the stew in a warm place.

Bring the liquid to a boil. It may be a good time to reduce the braising liquid should you want a more intense flavor. You are less likely to burn the reduced sauce un-thickened.

Dissolve the Arrowroot Powder in 3 Tbsp of cold water (making a slurry). Add the slurry to the boiling liquid while whisking. Adjust the seasoning and pour the sauce on the stew. It is crucial to bring the sauce back to a boil once the slurry is added to make sure the starches gelatinase and the thickness of the sauce comes to its full potential.