

PROVENCE FOOD RECIPE



DAUBE PROVENÇALE

Ingredients (For 4 people)

- 35 oz of stewing beef
- 1 onion
- 2 carrot
- 1 bay leaf
- 1 garlic clove
- 1 thyme bouquet
- 1 orange
- 6 oz of pitted black olives
- olive oil
- 1 tbsp. of coulis or thick tomato sauce
- 1/2 bottle of Côtes du Rhône red wine
- salt & pepper

PREPARATION: 15MIN

COOKING : 1H30

Directions

1. In a bowl, put the meat, finely chopped onion and carrot, peeled garlic, thyme and bay leaf, pepper and chopped orange zest.
 2. Pour the wine and leave to macerate for 12 to 24 hours in the fridge.
 3. The next day, drain the meat and fry it in a frying pan in very hot oil, piece by piece, place it in a pressure cooker.
 4. Then bring the marinade and its ingredients to the boil in the sauté pan used for the meat for 5 minutes.
 5. Pour over the meat, add salt and the tomato sauce.
 6. Close the pressure cooker and leave to cook for 1h30 from the rotation of the valve which must rotate at a slow speed (the heat must not be too high).
 7. Leave the casserole to cool, open and add the black olives and 2 tablespoons of olive oil.
- Then enjoy !