

Beouf en Daube- Pot Roast

3-3 ½ lb top rump of beef
(2kg to 350g to 2kg 750g), tightly
rolled and tied
About 4 tablespoons beef dripping
1 tablespoon flour
½ pint stock (275ml)
4 tomatoes, peeled and quartered
2 oz dark grilled mushrooms (50g) sliced
1 rounded tablespoon flour, worked
to a paste with a tablespoon of butter
Freshly-milled black pepper

For the marinade

½ pint red wine (275ml)
2 tablespoons olive oil
2 tablespoons red wine vinegar
2 onions, halved and sliced
2 carrots, sliced in rounds
A bouquet garni*
2 teaspoons salt

*Bouquet garni – consisting of a bayleaf,
a strip of orange zest ½ teaspoon dried
thyme, ½ teaspoon black peppercorns,
6 all spice berries, 2 large unpeeled cloves,
garlic, halved lengthways- all these tied
together in a little piece of gauze.

Serves 6 people

First prepare the marinade by combining all the
ingredients in a bowl, then put in the meat. Cover
with a cloth, then put in a cold place for at least 12
hours, and during that time, turn the meat over
occasionally.

When you wish to begin cooking, pre-heat the oven to gas mark 1, 275°F (124°C). Remove
the meat from the marinade and dry it thoroughly on kitchen paper. Now heat the dripping
in a thick cooking pot which will take the meat neatly and, when the fat is hot, add the
meat and sear it all over – it should be a nutty brown colour. Then transfer to plate, and
pour off all but about 1 tablespoon of the fat from the pan. Next, remove the vegetables
from the marinade with a draining-spoon, reserving the liquid. Dry them on kitchen paper,
then tip them into the cooking-pot and fry them until they are lightly browned. Then stir in
the flour and brown this slowly, but be careful it doesn't burn. Now stir in the reserved
marinade liquid, the bouquet garni, stock, tomatoes and mushrooms, add the meat and
season with freshly-milled black pepper.

Bring to simmering point, cover with a piece of foil and a tight-fitting lid, then place the pot in the centre of the oven and let it cook slowly for about 5 hours. To test if the meat is fully cooked a skewer should go into the meat easily. When ready, remove the meat and keep warm. Tip the contents of the pot into a sieve placed over a bowl and press the vegetables against the side of the sieve to extract all the juices. Return the liquid to the pan and boil quickly to reduce and concentrate the flavour. Now add the butter and flour mixture and whisk, with a balloon whisk, until the sauce thickens. Season to taste with salt and pepper. Carve the meat, pour over some of the sauce and pour the rest into a warmed sauce boat.