

November 13, 2015

**Recipe: Daube of Beef with Mushrooms**

Sliced Roast Beef topped with a Red Wine Mushroom Sauce

Servings: 4

- 2 tablespoons oil
- 3 pounds beef rump roast, trimmed of fat
- 2 carrots, medium, diced
- 2 stalks celery, medium, diced
- 1 onion, medium, diced
- 4 cloves garlic, minced
- 1 ounce mushrooms, dried
- 2 cups beef stock
- 3/4 cup dry red wine
- 1/2 pound mushrooms, sliced
- 1 cup heavy cream
- 2 tablespoons cornstarch
- DUXELLES, 2 tablespoons (from recipe)



Heat oil over medium-high heat in a large Dutch oven. Brown the roast on all sides and then remove. Add carrots, celery, onion, and garlic and cook over medium heat for 5 minutes. Add dried mushrooms and the beef stock. Cover and simmer for 15 minutes.

Add 2/3 of the red wine, the roast, and any juices from the roast. Bring to a boil, cover tightly, and turn heat to the lowest possible setting. Cook undisturbed for 2-1/2 hours. (If necessary, cover tightly with aluminum foil and then cover with the lid. The secret to the meat's tenderness is to keep the heat as low as possible, keep the pot tightly covered),

When done, remove beef from broth and strain the broth twice, once through a colander and then through a cheesecloth-lined strainer; this is important to remove any grit that has come from the dried mushrooms. Set beef aside to cool in refrigerator.

Return broth to a saucepan and bring to a boil. Add fresh mushrooms and duxelles boil until sauce is reduced by one third. Add the cream and continue to cook for 10 minutes more. Mix the remaining red wine with the cornstarch, blending well to dissolve starch. Stir into sauce. Cook and stir until sauce is thickened (should be of a light gravy-like consistency).

Slice beef against the grain into 1/2 inch slices and place in containers. Pour sauce over beef. Cover and store in the refrigerator.

Serving Suggestions:  
Serve with Egg Noodles