
02

RECEPTY

Beef with roasted vegetables and salad



STEWED BEEF WITH RED WINE SAUCE

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THE SUCCESS OF THIS RECIPE DEPENDS HEAVILY ON THE MEAT YOU CHOOSE. WE USED MATURE BEEF, NAMELY CHUCK TENDER, WHICH CAN BE FOUND UNDER THE NAME "FALSE SVÍČKOVÁ" OR "JEWISH SVÍČKOVÁ". THE MATURITY OF THE BEEF MAKES ITS FINAL PREPARATION BY STEWING LESS TIME-CONSUMING. THE MEAT IS DELICATE AND SUCCULENT!

PREPARATION TIME:
2 hrs (90 min. stewing)

ENOUGH FOR:
6-8 portions

INGREDIENTS:
1.4 kg beef
(chuck tender)
1 l hot water
0.5 l red wine
(Cabernet Sauvignon)
2 sprigs of parsley
2 carrots
1 large onion
8 shallots
40 g English bacon
4 tbs tomato paste
6 x allspice
5 x bay leaves

DIRECTIONS:

Pre-heat the oven to 160 °C and first prepare the base. Clean and dice the vegetables, onion, shallots, and bacon. Trim the meat and slice into 1.5 cm-thick slices. Add a bit of the fat to the pot on high. First add the onion, shallots, and bacon. Quickly fry until the bacon releases more grease, and add the root vegetables. Sautee until the onion turns a beautiful brown color. Then add the meat and sear from all sides. In other words, you will turn all the slices, salt them, and add boiling water. Now add spices, tomato paste, and red wine. Let it cook for a while, then transfer to a deep baking dish, cover, and put in the oven. Stew it in the oven for 1 hour and 30 minutes. The check whether the meat is soft enough. If so, remove or fillet it into thin slices. ■