

Red Wine Braised Beef Chuck

by Brian Smit, Chef at The Commodore

**MONTE
CREEK**
— RANCH —

INGREDIENTS

1.5 kg	beef chuck
50 ml	canola oil
1/2 bottle	Cabernet Merlot
4 sprigs	thyme
4	bay leaves
2 sprigs	rosemary
1	peeled garlic
1L	beef stock (low sodium)
1 tbsp	tomato paste
2 tbsp	Worcestershire sauce
6	shallots, peeled and halved
2	carrots, peeled and cut into thirds
1 tbsp	cornstarch
	salt and pepper

WINE PAIRING

2014 Cabernet Merlot

DIRECTIONS

Season each piece of chuck liberally with coarse salt and freshly ground pepper. On med high heat, heat the oil in a heavy pan (best in a coated cast iron pan), and sear the chuck off on all sides. Aim to get a good amount of colour on the meat. Best to do in smaller batches, a couple pieces at a time. When the meat is seared, remove from the pan. Add in the garlic, shallot, and carrot and sauté briefly. Then add in the wine and stock, tomato paste. Return the meat to the pan after a minute, along with the bay leaves, thyme, rosemary and Worcestershire sauce. Bring to a simmer, and cover with a tight-fitting lid.

Cook on a low heat (about 160°) in the oven, for around two and a half to three hours. Meat should be fork tender but not falling apart. Set meat aside.

Strain the braising liquid through a fine mesh strainer into another pot. Skim as much fat off as possible. Dissolve 1 tbsp. cornstarch in 1 tbsp. red wine and thicken the braising liquid. Cook the sauce until it comes to a simmer. May need more cornstarch red wine slurry to thicken as desired: use equal portions.

Once you've got desired consistency, return the meat to the sauce and serve with mashed or roasted potatoes, or egg noodles.

Brian Smit

**THE
COMMODORE**
Grand Cafe & Lounge

Brian has been the Chef at The Commodore in Kamloops, B.C. for 8 years. He received his training at Thompson Rivers University in 2002. His food philosophy is simple! It's just that! He cooks simple food, but prepared with technique and skill. This braised beef dish is sure to impress. Try to use locally sourced ingredients to make this dish stand out.