



Red Wine Beef Stew

Recommended
cut

Top-round, Gooseneck round

Cooking
time

110
min

Level of
difficulty



Ingredients (serves four)

Japanese Wagyu (block of top round, gooseneck round)	500g (17.6 oz)
Onion	1
Celery	1/2
Carrot	1
Garlic	1 clove
Bouquet garni (1 bay leaf, 1 branch of parsley and 3 branches of thyme)	
Mushrooms	6
Salad oil	15cc (1 tablespoon)
Weak wheat flour	16g (0.6 oz)
Red wine	600cc (2.5 US cups)
Tomato paste	36g (1.3 oz)
Beef bouillon	600cc (2.5 US cups)
Salt & pepper	To taste
Butter	10g (0.4 oz)
Chervil	To taste

How to cook

1. Chop the meat into 4cm (1.6 in) cubes, cut the onion, celery, carrot and garlic in thin slices. Marinate the meat cubes in 400cc (1.6 US cups) of red wine together with vegetables and bouquet garni, and refrigerate for 6 hours.
2. Strain everything through a sieve and pour the liquid marinade into a pan over strong heat to boil, while skimming occasionally. Add 5cc (1 teaspoon) of oil to a separate heated pan, saute the strained vegetables until wilted and remove them from the pan. Add 10cc (2 teaspoons) of oil to the same pan, and sear the meat cubes dredged in flour. Be sure to flip them over.
3. In a separate pot, mix the beef bouillon, tomato paste and 200cc (0.8 US cup) of red wine and add all ingredients from step 2. Cook over low heat for about 70 minutes while skimming the surface occasionally. Then remove the meat from the pot and strain the cooking soup through a sieve into a bowl. Return the meat and strained soup back to the empty pot, add mushrooms and simmer for another 20 minutes. Finish with salt, pepper and butter before serving on a plate. Top with chervil before eating.