

AARGAUER SUURE MOCKE

WINE-BRAISED BEEF

Reprinted from
A Taste of Switzerland
By Sue Style
Photographs by John Miller

This typical dish of beef braised in red wine is served at the Gasthof Sternen in Wurenlingen with the *patron's* Pinto Noir. The prunes give a sweetish contrast to the sharp sauce; provide a further foil in the form of a creamy purée of potatoes and celery root (celeriac) or white turnip.

Serves 4 – 6

2 & one-quarter lb. boned piece of braising beef, rolled and tied
1 bottle of robust red wine
3 TB wine vinegar
1 onion, sliced
1 carrot, sliced
1 celery stick, chopped
1 clove garlic
1 clove
1 bay leaf
1 tsp black peppercorns
sprig of sage
1 TB oil
1 tsp tomato paste
1 tsp flour salt and pepper
12 prunes, pitted

Put the beef in a non-metallic container with the wine, vinegar, onion, carrot, celery, garlic, clove, bay leaf, peppercorns and sage. The meat should be completely covered with liquid. Leave for at least a week in a cool place, turning occasionally to ensure even marination.

- Remove meat, pat dry with paper towels and season.
- In a heavy casserole, sear the meat in hot oil on all sides.
- Boil and strain the marinade.
- Stir the tomato paste and flour into the casserole and cook for a few minutes, then add the strained marinade.
- Bring to a simmer, season to taste, cover and cook gently for one-and-a-half hours.

- Add the prunes and continue cooking until tender.
- Remove the strings from the beef, slice thickly and return it to the casserole.
- Serve with the prunes and cooking juices.