

Daube Provençale: The French Beef Stew That Will Become Your New Favorite Dinner

When my husband first tasted this, he didn't just like it-he declared it his



TIME
7 min

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INGREDIENTS

Swaps and Notes:

Red Wine: If you must omit wine, use a mix of beef broth and a splash of red wine vinegar for the acidity.

Beef: You can substitute beef chuck with stew beef or short ribs, adjusting the cooking time slightly (ribs may take a bit longer).

Veggies: A traditional Daube sometimes includes orange zest in the marinade. You can add a strip of zest for brightness.

DIRECTIONS

1. This recipe is divided into three key stages: Marinating, Browning, and Slow Simmering.
2. Step 1: The Overnight Marinade (The Flavor Secret): In a large bowl or airtight container, combine the cubed beef chuck, red wine, crushed garlic cloves, bay leaf, and dried thyme.
3. Cover the bowl and refrigerate for at least 8 hours or, ideally, overnight. This step is crucial for both tenderizing and flavoring the meat.
4. Step 2: Browning and Building the Base: The next day, use a slotted spoon to remove the beef from the marinade. Reserve the marinade liquid. Pat the beef dry with paper towels-this is essential for a good sear.
5. Heat the olive oil in a large, heavy-bottomed pot or Dutch oven over medium-high heat.
6. Working in batches, brown the beef on all sides until a deep crust forms. Do not overcrowd the pot. Remove the browned beef and set aside.
7. Reduce the heat to medium. Add the sliced onions and sliced carrots to the pot. Sauté for about 5-7 minutes until the onions are softened.
8. Stir in the tomato paste and cook for 1 minute, allowing it to caramelize slightly.
9. Step 3: The Long, Slow Simmer: Return the browned beef to the pot.
10. Pour in the reserved marinade liquid, including the bay leaf and garlic.
11. Season generously with salt and pepper. The liquid should mostly cover the beef and vegetables; if not, add a splash of beef broth.

12. Bring the mixture to a gentle simmer, then cover the pot tightly.
13. Reduce the heat to low and simmer gently for 2-3 hours. The Daube is ready when the beef is fall-apart tender.
14. Taste and adjust the seasoning (salt and pepper) before serving. Remove the bay leaf before plating.

SWAPS & NOTES

Beef Chuck , cubed 800 grams (about 1.75 lbs) Cut into 1.5-inch pieces.

Dry Red Wine 2 cups A robust variety like Merlot or Cabernet Sauvignon.

Carrots , sliced 2 About 1/2-inch thick slices.

Onion , sliced 1 large Sliced thinly.

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