KIKKOMAN

Slow-cooked beef in red wine

Total time **180 mins** **180 mins** preparation time

INGREDIENTS

4 portion(s)

175 g	streaky bacon, chopped
2 tbsp	sunflower oil (if needed)
900 g	braising steak, cut into 4cm cubes
12	small shallots, peeled
12	baby carrots
1 tbsp	flour
300 ml	red wine
300 ml	beef stock
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
100 g	button mushrooms
1 tsp	dried herbes de Provence
4 tbsp	chopped fresh parsley

PREPARATION

Step 1

Preheat oven to 160°C/Gas mark 3. Fry the bacon, remove and transfer to a large casserole.

Step 2

In the same pan, fry the steak briskly in batches, transferring to the casserole as it browns and adding oil if needed.

Step 3

Lower the heat and fry the shallots until golden. Add the carrots, cook for 2 minutes, then transfer to the casserole.

Step 4

Stir the flour into a little of the wine then add to the pan with the remaining wine, stock and soy sauce. Bring to the boil, stirring until thickened.

Step 5

Add the mushrooms and herbs and pour into the casserole. Cover tightly and cook in the oven for 2 hours or until the meat is tender. Sprinkle with chopped parsley and serve with mashed potatoes and vegetables.