

Slow Cooker Daube de Boeuf Provençal
(from *The French Slow Cooker* by Michele Scicolone)

Serves 8

4 lbs boneless beef chuck, trimmed and cut into 2" pieces

¼ cup all-purpose flour

Salt and freshly ground pepper

2 oz bacon or salt pork, cut into small dice

1 Tbs olive oil

½ cup dry white wine

5 garlic cloves, peeled

2 medium onions, chopped

1 cup chopped canned tomatoes

2-4 fresh thyme sprigs, or ½ tsp dried thyme

2 2" strips orange zest

1 bay leaf

1 cup beef broth

1 cup imported black or dark purple olives, pitted (kalamata, nicoise, gaetas or nyon are perfect)

¼ cup chopped flat-leaf parsley

Pat the beef dry with paper towels. Combine the flour, salt and pepper in mixing bowl. Add the beef, a few pieces at a time, and toss until lightly coated.

Put the salt pork and olive oil in a large skillet and cook over medium heat until the pork has rendered fat and is light brown. Transfer into slow cooker with slotted spoon.

Add the beef to the skillet in small batches-- don't crowd the pan-- and brown well on all sides. Transfer the beef to the slow cooker.

Add the wine to a skillet and cook, scraping up the beef bits. Add the broth and quickly bring to a boil. Pour the liquid into the slow cooker.

Add remaining ingredients except the olives and parsley. Cover and cook on low until the beef is fork tender, about 8-10 hours. Add the olives and cook for another fifteen minutes.

Skim off fat, if necessary, and discard bay leaf and zest. Serve hot over noodles or pasta and sprinkle with parsley.