



SANTA HELENA



## PAIRING

# BEEF STEWED IN RED WINE



### PREPARATION TIME

20 Minutes



### PORTIONS

3 Persons

## INGREDIENTS

700g of tenderloin, sirloin, top side or chuck  
5 tbsp butter  
1 garlic clove, minced  
3 tbsp flour  
1 tbsp fresh parsley, chopped  
1/4 cup Santa Helena Cabernet Sauvignon  
150g tomatoes, peeled, pitted and chopped  
1/2 cup beef stock  
1/2 tsp paprika  
1 tsp oregano  
2 tsp capers  
2 tsp grated lemon peel, without the white part  
1/2 tsp salt  
1/2 tsp of ground black pepper

## PREPARATION

1. Cut the meat in thick pieces.
2. Heat the butter in a large pan.
3. Add the meat and garlic. Keep over fire until brown.
4. Sprinkle with flour and continue cooking over low heat for 3 minutes.
5. Add the remaining ingredients, cover and keep over a low flame for thirty minutes. Serve hot.