

Creole Daube

Burt Kemp

1-3lb rump roast
5-cloves of garlic, 2 slivered and 3 minced
Burt's Creole Seasoning
2-tbls olive oil
1-large onion, chopped
1-Green pepper, chopped
2-ribs celery, chopped
1-6 oz can tomato paste
1-8 oz can tomato sauce
1-cup red wine
2-cups beef broth
1-tbls Burt's Cajun House Seasoning
1-tsp Burt's Cajun Seasoning
pinch of sugar



Burt Kemp - Chef

With a sharp knife poke holes in the roast and insert slivered garlic. Rub with Burt's Creole Seasoning. Heat oil and brown all sides of the roast in a heavy pot. Remove roast. Add onions, peppers and celery and sauté until soft. Add 1-6 oz can tomato paste, 1-8 oz can tomato sauce, 1-cup red wine

2-cups beef broth, 1-tbls Burt's Cajun House Seasoning, 1-tsp Burt's Cajun Seasoning, stirring occasionally and cook for 20 minutes. Return roast to the pot, fat side up, and reduce heat to low. Cover and cook for 4 hours or until tender.

Daube is a slow cooked French Beef Stew that the Creoles have adapted it to their cuisine.

Makes:

Serves: 6

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