

# VELVETY RED WINE SAUCE

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## INGREDIENTS

- + 1 carrot roughly chopped
- + ½ onion roughly chopped
- + 1 celery stick roughly chopped
- + 1 leek roughly chopped & thoroughly rinsed
- + 5 sprigs rosemary
- + 5 sprigs thyme
- + 3 tablespoons tomato paste
- + 750ml good quality red wine
- + 1L chicken stock liquid-see chicken stock recipe posted in September last year
- + ¼ teaspoon garlic
- + 1 tablespoon sunflower oil
- + Salt
- + Black pepper
- + ¼ teaspoon red currant jelly
- + 3 tablespoons soy sauce
- + Knob of butter

## METHOD

- + Place a medium to large pot with the oil on a very high heat.
- + Once the oil starts to smoke add the chopped vegetables, thyme & rosemary to the pot.
- + Stir the ingredients sparingly as the aim here is for the vegetables to take on a very caramelised, almost slightly burnt colour. The point of this is to create a richly coloured & flavoured base for the sauce & when you add your liquid to the pot it will lift all the flavour stuck to the bottom of the pot by boiling it away-this is known as d glazing.
- + Once the vegetables have taken on the desired colour add your tomato paste to them & let it fry off for 3-4 min.
- + Add your red wine & let it deglaze the bottom of your pot; follow this by adding the liquid stock & garlic making sure that the liquid submerges the vegetable mix.
- + Reduce down to medium heat & allow the sauce to simmer away. You will let the sauce simmer for 30 minutes making sure to stir every so often to prevent it from sticking.
- + Strain the sauce through a fine mesh sieve, if you do not own one you can use a flour sieve to strain the sauce.
- + Add your soy sauce, touch of salt & pepper & sugar & place back on the heat.
- + Allow the sauce to simmer away until it is thick enough that it coats the back of a spoon.
- + Adjust the seasoning as you see accordingly be it more salt or sugar if it is to tart for your liking. Just keep in mind that a sauce that has salt in it will become more intense the more you reduce it.
- + Remove from the heat & strain the sauce through an oil or coffee filter in order to have a smooth sauce with no sediment.
- + To serve reheat the sauce & whisk in a knob of butter just before serving.
- + This sauce is perfect with cuts of roast or grilled beef, lamb, chicken or pork. To add another dimension to the sauce you could add green pepper corns with brandy or fried bacon & mushroom
- + Note that the fat can be strained & kept in the freezer in a well sealed container, ready to use when ever need be.