

## Slow Cooker Daube of Beef

*This is this next level butt-munching, but very simple to execute, if you plan in advance..... Excellent for an alternative to a Sunday roast, and there is always a bit of wine left from the marinade if you are feeling chokey.....*

### Ingredients

800 g of Silverside  
500 mL of red wine  
1 carrot, sliced thinly  
1 stick of celery, sliced  
2 bay leaves  
3 cloves of garlic, crushed  
6-8 peppercorns  
1 tin GQ tomatoes  
200 mL beef stock (i.e. 1 Oxo cube in 200 mL of boiling water)  
400 g rigatoni (or similar pasta)  
100 g grated parmesan  
150 g frozen peas, thawed.

If preparing on a Sunday, when you rock up from the Saloon gassed on Saturday, do the following: In the slow cooker bowl, place the silverside, red wine, carrot, celery, bay leaves, peppercorns, and garlic. Cover with foil, and leave in the fridge overnight, turning the beef when you need to get up for a slash, or Omeprazole!

Put the crockpot in the slow cooker, and set to High. Add the GQ tomatoes, beef stock and cook for 6 hours (you can bolt to Royal Bellshill at this point, we usually go and play rugby...). After 6 hours, remove the beef using 2 forks pronged into the side. Cut off the string that binds it, and shred using a fork on a chopping board (similar to pulled pork, ask Ando...!).

Place the shredded beef back in the crockpot, and season with salt and pepper. Add the pasta, stir well, forcing the pasta below the level of the liquid, and cook on High for approx. 25 min (you can have the remaining glass of wine at this point). After this time, add the peas, and parmesan, and cook for a further 10 min. Check the seasoning, and then serve. I like to serve with green beans, but its is up to you. Your butt-munching cup will runneth over at this point!