

# RED WINE & SHALLOTS

**Time: 50 minutes**

**Serves: 4**

### Ingredients:

50ml grapeseed or other neutral-flavoured oil  
200g shallots - small dice  
1 pinch fresh ground black pepper  
60ml balsamic vinegar  
250ml dry red wine  
2 sprigs fresh rosemary  
250ml beef or vegetable stock  
30g butter  
3g kosher salt

### Preparation:

Place a saucepan (approx. 1.5l) on medium-high heat and add the oil.

When the oil is hot, add the shallots and pepper, stirring occasionally for five minutes.

Stir in the vinegar and wine, then add the rosemary. Maintain burner temperature, cooking for ten minutes once a boil is reached, stirring occasionally.

Remove and discard the rosemary.

Stir in the stock and cook for fifteen minutes or until liquid is reduced to approximately the level of the shallots.

Remove from heat and whisk in the butter.

Stir in the salt and serve.

### Nutritional Information Per Serving:

Calories: 23  
Fat: 0.3g  
Carbs: 5g  
Fibre: 2g  
Protein: 1g