



# RECIPE

**Slow cooked shin of English beef,  
creamed potato, carrot puree, caramelised shallot, kale,  
bacon and mushroom jus**

## **For the beef**

1kg beef shin or blade (diced or whole)  
Beef stock cube  
2 sticks of celery  
2 cloves of garlic  
1 carrot  
1 onion  
2lt boiling water  
250ml red wine

(plus 500ml for drinking while cooking, because that's what chefs do...right!)  
Rosemary and thyme sprig (nice but not essential)

## **For the creamed potato**

4 large potatoes (Maris Piper or red rooster is best)  
150ml whipping or double cream  
75g butter  
Salt and white pepper

## **For the carrot puree**

3 carrots  
100ml whipping or double cream  
25g butter  
Salt and pepper

Shallots – 1 per serving  
Kale to accompany

## **For the bacon and mushroom jus**

Remaining stock from cooking the beef  
50g redcurrant jelly  
Beef Gravy granules.

Gravy browning (not essential but does make for a nicer looking sauce)

100g pancetta or bacon  
150g chestnut mushrooms



# METHOD

## **For the beef**

### **This can be done the day before**

Season the beef with plenty of salt, heat a heavy based pan on a high heat add a little vegetable, sunflower or olive oil and fry the beef until the whole surface area is golden brown. Remove from the pan and place in a casserole dish or slow cooker.

Roughly chop all the vegetables (peel the carrot and onion) add a little more oil if required to the pan you have just removed the beef from and fry all vegetables until golden brown, then add the vegetables to the beef.

Add the boiling water to the pan and scrape all the burnt bits off the base of the pan until the pan is clean. Then, add this water with the stock cube, red wine, thyme and rosemary, to the beef making sure the beef is totally covered by the water. Top up with water if necessary.

Cook for approximately 4 hours or until the meat is very soft (130-140c).

Once cooked, leave in the stock for 30 minutes to cool slightly then remove the beef, break it all up add a little more salt if required and roll up in cling film (4 or 5 layers) into a thick sausage shape and chill in the fridge. When removing the beef from the stock, the vegetables can be removed also, chopped and mixed through the beef but make sure the celery and garlic are peeled at the start if you want to do this. Remember to keep your stock – you will need this for the jus!

Once chilled cut into nice portion sizes and warm through the oven 180c for 15 minutes. (with the cling film still on, don't worry it won't burn).

Interesting fact! Braised meat that is left to cool down in the stock apposed to out of the stock weighs 10-20% more - indicating a meat left to cool in a stock will be more moist.

## **For the potato**

Peel and cut the potatoes into large chunks (cutting up too small will release too much starch from the potato and result in a gloopy mash)

Cover with cold water add some salt and simmer until the potatoes are very soft.

Pass into a colander and allow to dry for 5 minutes then mash until smooth.

Heat the cream and butter in a pan and add to the mash

Season with salt and pepper and finish with a whisk to achieve a smooth creamy consistency. (don't over mix this will make the mash gloopy aswell).

This can also be done in advance and warmed through the microwave to take pressure off during preparation.

Interesting fact! Different potatoes contain different levels of starch and water content a baking potato contains a lot of water so is great for baking for a fluffy jacket potato but will never crisp up very well for a good chip.

Interesting fact! Anything grown above ground is cooked in boiling water and anything grown in the ground is started in cold water and brought to the boil.



### **For the carrot puree**

Peel and chop the carrots into small pieces

Cover with cold water add a little salt then boil until very soft they need to be over cooked to achieve a nice smooth consistency you may need to keep topping the water up as it evaporates.

Pass into a colander to remove the water then back into the pan with the cream and butter and simmer until the cream has reduced and become thick like a sauce. Blend in a food processor add salt and pepper as required.

Chefs tip: If you have a food safe squeeze bottle the puree can be presented first on the plate for a good visual effect.

This can also be made prior to meal time and microwaved.

### **For the caramelised shallot**

Place a whole shallot into the oven at 200c for 12 minutes, allow to cool slightly then peel and cut in half length ways, to caramelise, place in a heavy based frying pan with oil and a knob of butter until golden brown...don't forget a little salt to enhance those flavours.

### **For the kale**

Pick the kale from the stalk and boil in hot water with salt for 2-3 minutes.

### **For the bacon and mushroom jus**

Grill the bacon until slightly crispy and chop up into small pieces.

Chop the mushrooms into quarters and fry in a heavy based frying pan until cooked through then add to the bacon.

Bring the stock from the beef and redcurrant jelly to the boil and thicken with gravy granules then add a couple of drops of the gravy browning.

Pass through fine sieve then add the mushrooms and bacon to the sauce and return to the boil simmer for 4-5 minutes.

### **Finishing the dish**

A pan of boiling water on the stove ready for the kale.

Put the beef in to heat up.

The sauce heating on the stove.

The mash and carrot puree can be microwaved now.

When the beef comes out, put the kale in.

And start plating...

Carrot puree first with a bottle or swipe with a spoon.

Then the mash with a piping bag or spoon is fine.

Then the kale can be drained seasoned and added.

Then the beef (don't forget to remove the cling film)

Finish with the sauce! **Enjoy!**