

British White Beef, Smoked Marrowbone, Baby Cauliflower and Watercress Purée

Ingredients: For canon of beef

700g	Canon British White Beef
	Salt
	Icing Sugar (to dust)

Method:

1. Roll the beef tightly in cling film. Place the rolled beef in a water bath at 68C/150F and cook for 20 minutes. Remove from the bath and allow to rest.
2. When ready to serve, remove the cling film, sprinkle with salt and a dusting of icing sugar.
3. Heat a frying pan until smoking hot and add the beef. Sear the beef on all sides until golden-brown.

Ingredients: Baby Cauliflower

4	Baby Cauliflower
50g	Butter
1tbsp	Fresh Chopped Chives

Method:

1. Place the baby cauliflowers into a pan of salted water, add the butter and cook until they are just cooked al dente (with a little bite).
2. Remove the cauliflower from the cooking liquor, reserve the liquor and refresh the cauliflower in a bowl of iced water. Drain the cauliflower when cool.
3. When ready to serve, warm through the cauliflowers in the cooking liquor and stir in the chopped chives.

Ingredients: Watercress Purée

40g	Parsley
250g	Watercress (leaves only)
50ml	Double Cream
2	Garlic Cloves (roasted, skin removed)
	Salt and Freshly Ground Black Pepper

Method:

1. Drop the parsley into a pan of boiling salted water and cook for two minutes. Add the watercress and boil for one minute. Drain and refresh in a bowl of iced water.

2. Squeeze the watercress and parsley to remove all the excess water and place into a Pacojet container. Add the cream, garlic, salt and freshly ground black pepper, stir well and then freeze until solid.
3. Remove the Pacojet container from freezer, process; then place in a small pan and gently reheat.

Ingredients: Smoked Marrowbone

8	Marrowbones
40g	Fresh Tarragon (chopped)
40g	Fresh Chervil (chopped)
40g	Fresh Parsley (chopped)
100g	Panko Breadcrumbs (fine Japanese breadcrumbs, available from specialist suppliers)
	Salt and Freshly Ground Black Pepper
100g	Clarified Butter

Method:

1. Soak the marrowbones in water for 48 hours and then drain. Place a handful or two of wood shavings into a biscuit tin.
2. Place a wire rack in the tin, so it sits about halfway down, or bend some chicken wire to fit. Carefully pierce the lid of the tin five or six times with a screwdriver.
3. Lay the marrowbone skin-side down on top of the wire (this acts like a grill rack) and put the lid on the tin.
4. Place it on the hob, over a medium heat, and cook for 20-30 minutes. After a couple of minutes it will start to smoke a bit. When the marrowbone is ready, remove the bone. (CAUTION: This technique generates a lot of smoke. Be sure to work in a well-ventilated area).
5. Meanwhile combine the herbs with the panko breadcrumbs in a bowl and season well with salt and freshly ground black pepper.
6. Roll the marrowbones in the breadcrumb and herb mix. Melt the clarified butter in a frying pan, add the crumbed marrow bones and shallow fry until golden-brown.
7. Remove with tongs, drain on kitchen paper and keep warm.

Ingredients: Red Wine Sauce

425g	Minced Beef
50g	Butter
100g	Sliced Shallots
700ml	Rioja Red Wine
500ml	Chicken Stock
	Salt and Freshly Ground Black Pepper
25g	Butter

Method:

1. Cook the minced beef in a saucepan until cooked through.
2. Drain the mince through a muslin-lined bowl and collect 200ml/7fl oz of beef mince juices in a pan and set aside (keep the cooked mince for use in another dish).

3. Melt the butter in a saucepan, add the shallots and fry until lightly caramelised and golden-brown.
4. Add the Rioja wine to the pan and boil until the volume of liquid has reduced by three quarters. Add the chicken stock and the reserved beef mince juices, place over a medium heat and simmer until the volume of liquid has reduced by half.
5. Season with salt and freshly ground black pepper and stir in the butter.

Ingredients: Red Wine Syrup

1	Bottle Red Wine
1	Onion (finely chopped)
400g	Caster sugar

Method:

1. Place the red wine, onion and sugar into a saucepan, bring to the boil, turn down the heat and simmer for 30 minutes or until syrupy.
2. Mix the red wine syrup with the red wine sauce and keep warm in a bowl of water suspended over a pan of water on a low simmer (a bain-marie).

To Serve:

1. Cut the beef into four equal portions, place on four serving plates just off centre and place a spoonful of watercress purée to the right of the beef.
2. Place a baby cauliflower on each plate, top with the marrowbone and drizzle each plate with the red wine sauce.
3. Serve immediately.