



## BRAISED BEEF SHIN, MARROW BONE CRUMB & CAULIFLOWER PUREE

### INGREDIENTS

#### FOR THE ROSCOFF ONIONS

1kg Roscoff onions  
3L Water  
75g Knorr Professional Beef Bouillon Paste  
2no. Garlic cloves  
500ml Red wine

#### FOR THE BRAISED BEEF SHIN

Remaining Beef wine stock & centres from the Roscoff onion, sliced  
2L Water  
50g Knorr Professional Beef Paste Bouillon  
300g Onion, finely sliced  
20g Knorr Professional Garlic Puree  
5g Rosemary leaves  
5g Thyme leaves  
1.5kg Beef shin, cut into pieces

#### FOR THE MARROW BONE CRUMB

200g Bone marrow, scraped from the bone, finely chopped.  
150g Panko bread crumbs  
10g Flat leaf parsley, finely chopped.  
10g Chives, finely chopped  
2g Thyme leaves  
2g Rosemary leaves, chopped

### METHOD

#### FOR THE ROSCOFF ONIONS:

- Peel the onions leaving the root as intact as possible.
- Make up the KNORR Professional Beef Bouillon Paste by whisking into boiling water. Then add in the red wine and garlic cloves.
- Bring to the boil and add in the onions and simmer until the onion is soft, 20-30 minutes depending on size. (Check by piercing with a knife).
- When cool, scoop out the middles and reserve the beef wine stock for braising the beef shin.

#### FOR THE BRAISED BEEF SHIN:

- Sweat off the onions, add the KNORR Professional Garlic Puree and herb leaves. Seal the meat in a separate pan.
- Into the Beef bouillon, add the remaining red wine and centres of the Roscoff onions, along with the sealed beef shin and softened onions.
- Braise for 4-5 hours or until the meat is tender and falling off the bone.
- Remove the meat and pull it - removing any bones, fat and sinew.
- Reduce the cooking liquor by 85% then add the meat back in.
- Stuff this mix into the hollowed out Roscoff onions to bake on service.

#### FOR THE MARROW BONE CRUMB:

- Heat a pan, add in the bone marrow, then add the bread crumbs to toast.
- Remove from the heat and mix in the herbs.
- Set to one side for use on the onion in service.

**RECIPE CONTINUED ON NEXT PAGE** →



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## BRAISED BEEF SHIN, MARROW BONE CRUMB & CAULIFLOWER PUREE

### INGREDIENTS (CONTINUED)

#### FOR THE CAULIFLOWER PUREE

500g Cauliflower, leaves removed, finely sliced

100g Butter

200g Double cream

#### TO PLATE

1.2kg Fillet steak

10g Thyme

10g Rosemary

30g Marmite

900g Maitaike mushrooms

40ml Chive oil

### METHOD (CONTINUED)

#### FOR THE CAULIFLOWER PUREE:

- Sweat the cauliflower down in the butter until golden and caramelised.
- Add in the double cream and bring to a light simmer.
- Place the mix in a blender and blend until smooth. Season to taste.

#### TO PLATE:

- Place the beef fillet, MARMITE, rosemary and thyme in a vac pack bag and seal. Cook at 54°C for an hour. Once cooked remove from the bag and seal. Cut into 10 equal slices.
- Place the stuffed Roscoff onion into a pre-heated oven for 10 minutes. Once cooked top with the bone marrow crumb.
- Pan fry the maitaike mushrooms in butter and season well.
- To plate, add the caramelised cauliflower puree to the plate. Place the beef to one side, then the mushroom and the Roscoff onion. Finish with a little beef reduction and chive oil.