

SEARED BEEF Tournedos WITH A CRUST OF BRIOCHE BONE MARROW,

WHAT YOU'LL NEED

SERVES 4

BEEF

- 4 x 140grms Beef Tournedos
- 50mls Olive oil
- Salt & pepper to taste

CRUST

- 50 mls Olive oil
- 50grms finely chopped shallots
- 1 clove garlic fresh
- Horseradish or 10 grms of bought horseradish relish
- 2 grms fresh thyme leaves
- 3 grms finely chopped parsley
- 50 grms diced bone marrow – the marrow should be run through iced water remove traces of blood
- 50grms unsalted butter
- Salt & pepper to taste

SAUCE

- 50 grms finely chopped carrot
- 50 grms finely chopped celery
- 1 clove crushed garlic
- 25 mls tomato passata
- 25 mls red wine
- 400 mls veal stock
- 1 bay leaf
- 1 sprig thyme
- 25 grms unsalted butter
- 2 tbsp tomato puree
- salt & paper to taste
- 50mls beef stock
- 50mls red wine
- 500gms new potatoes washed but not peeled

FONDANT POTATO

- 4 medium potatoes
- 100 gms unsalted butter
- 50 mls basic chicken or vegetable stock
- Salt & pepper to taste

BRAISED CELERY

- 6 ribs celery washed peeled & trimmed
- 10 mls olive oil
- 25 grms finely chopped shallots
- 1 clove garlic finely crushed
- 25 mls dry white wine
- 4 plum tomatoes blanched, skinned, deseeded & the flesh roughly chopped
- Thyme leaves
- 3-4 slices Parma ham
- 30 grms finely grated parmesan cheese

Salt & pepper to taste

FOR THE BRAISE

- 25 grms finely chopped carrot
- 25 grms finely chopped onion
- 25 grms finely chopped celery
- 200 mls basic chicken stock

DUXELLE FILLED COURGETTES

- Courgette, trimmed & cut into 3cm sections. Remove a ball from one end with a spoon.
- 10 mls olive oil infused with ¼ clove garlic
- A few thyme leaves, salt & pepper to taste
- 20-25 grms mushroom duxelles

WHAT TO DO

1. For the crust heat the olive oil in a small pan then when hot add the shallots and the garlic. Cook over a low heat for 5-6 mins until the shallots are soft but not coloured. Add the brioche crumbs and continue to cook until golden brown. Add the marrow and mix well. Leave to cool.
2. Place the cold mixture in a blender with the cold butter, thyme, parsley and horseradish. Using the pulse gently blend to form a paste do not over mix.
3. Using 2 sheets of silicone paper and with a rolling pin roll out the paste between the sheets of paper until 2-3 mm thick. Place on a tray in the fridge to set.
4. Prepare the fondant potatoes by peeling the potatoes and cut using a round cutter approx 4.5 cm round. Trim the top and base flat. The potato should be approx 5-6 cm tall. With a peeler or sharp knife trim away the sharp edge of the potato.
5. Line the base of a pan wide enough to hold the potatoes in one layer with butter. Add the potatoes and season.
6. Add the stock bring to the boil then place in a preheated oven 160/c. They are cooked when they can be pierced with the point of a knife and are golden in colour and reserve.
7. To prepare the celery heat the olive oil In a small pan add the shallots and garlic and sweat for 3-4 mins then add the white wine and cook until it has evaporated. Add the tomato and herbs and allow to cook slowly on a low heat until the mixture has absorbed any liquid season with salt and pepper. Remove from the heat and allow to cool.
8. Bring a pan of salted water to the boil, add the trimmed and peeled celery and blanch for 3-4 mins then plunge into cold preferably iced water to refresh then drain and dry.
9. Spread out a sheet of cling film. On the cling film lay out the Parma ham slices side by side across the film. Lay a rib of the blanched celery at the bottom of the ham. Top with a little of the tomato mixture season and top with another rib of the celery facing the opposite way to the first (this is because the celery is wider at one end than the other so they should be

laid alternately sandwiched with the tomato mixture. ½ the tomato mixture should be used).

10. Carefully wrap up in the ham then wrap up tightly in the cling film. When this is poached it will tighten round the celery producing a neat compact package.
11. Place the package in a pan of water and allow to poach for 5 mins or steam if a steamer is available. Remove and allow to cool.
12. With a very sharp knife or a razor blade carefully remove the cling film and with a sharp knife cut the celery into 4 neat pieces.
13. To braise - heat the olive oil in a small oven proof pan then add the carrot onion and celery and sweat for 5 mins until soft then add the celery pieces add the stock bring to the boil then cover with a lid and place in a pre - heated oven 160/c for 15 mins. Remove from the oven and top each piece of celery with a tsp of the reserved tomato mixture. Top with parmesan and place back in the oven without the lid and cook for a further 10 mins then remove and keep warm.
14. For the courgette place them on an oiled and seasoned tray and brush them with the infused oil then cook in the oven for 5-6 mins then remove and fill the cavity with the duxelle which should be pre-heated. Cover with a buttered paper and place back in the oven to cook for 5 mins.
15. In a small pan with a little butter sauté the balls of courgette until brown for approx 2 mins. Season and remove and drain on kitchen paper. Top each courgette with a parisienne of the cooked courgette and reserve.
16. To cook the beef, heat a pan with the oil and when smoking add the beef and sear over a high heat for 2 mins then turn and cook for a further 2 mins before removing from the pan. Season and reserve.
17. In the pan prepare the sauce add the diced carrot, onion, celery, garlic and cook over a medium heat until golden brown add the red wine in 2-3 stages allowing each amount to reduce to a syrup before adding the next amount. Add the herbs, tomato passata, and mix well, then add the stock bring to the boil, skim and reduce by half then pass through a chinois into a clean pan. Bring to the boil and allow to reduce until 150 mls remain then pass through a double layer of muslin cloth. Season bring back to the boil then whisk in the cold butter reserve for service.

18. Remove the crust from the fridge and with a round cutter cut 4 discs large enough to fit the tops of each steak. Carefully using a knife place the disc of the crust on top of each seasoned steak.
19. Place on a tray and set to cook in the oven having raised the temperature to 200/c. Cook for 3 mins the crust should be golden - if not flash under a hot salamander until golden. Allow to rest for 2-3 mins before serving.
20. To present; place the fondant potato at 12 O clock on the hot plate then arrange the celery at 10 O clock and the courgette at 2 O clock. Place the steaks in the centre of the plates then finish with the sauce.