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PROFESSIONAL

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BUSINESS

TOM KERRIDGE | PUBS & RESTAURANTS | 10 SERVINGS

BRAISED JACOB'S LADDER WITH PARSLEY DUMPLINGS, PARSNIP PUREE & HAND AND FLOWERS CARROT

INGREDIENTS

FOR THE BRAISED JACOBS LADDER

10no. 250g Jacob ladder portions

750ml Red wine

20 Black peppercorns

5no. Thyme sprigs

4no. Bay leaves

1L Water

40g Knorr Professional Beef
Powder Bouillon

30g Arrow root

30ml Water

FOR THE DUMPLINGS

250g White breadcrumbs

225g Self-raising flour

225g Suet

20g Flat leaf parsley, finely
chopped

Pinch of salt

2no. Eggs

60ml Milk

2L Water

40g Knorr Professional Chicken
Powder Bouillon

METHOD

FOR THE BRAISED JACOBS LADDER:

- In a gastro tray add the beef, red wine, thyme, peppercorns and bay leaves to marinate over night in a fridge.
- Drain the wine from the beef, reserving the liquid.
- Bring the water to the boil then whisk in the KNORR Professional Beef Powder Bouillon, add in the reserved red wine from the marinade and simmer.
- Remove any impurities and reduce by half.
- In a bowl whisk together the arrow root and water to a smooth paste, then whisk this into the boiling bouillon until thickened.
- Pass the liquid and allow to cool.
- Season the marinated beef with salt and pan fry the meat until sealed all over.
- Place the beef into 2 vacuum pack bags then split the sauce between the two bags evenly and seal.
- Put the beef in a pre-heated oven at 82°C steam and cook for 12 hours.

FOR THE DUMPLINGS:

- Add the flour, suet, breadcrumbs, parsley, eggs, salt and milk to a large mixing bowl and bring together to form a dough.
- Divide the dough into 10 equal portions then roll into balls.
- Place onto a lined tray and chill for one hour.
- Bring the water up to the boil and whisk in the KNORR Professional Chicken Powder Bouillon.
- Place in the dumplings and poach for 30 minutes until light and fluffy, with a spider lift the dumplings from the stock and leave to cool on a lined tray.

[RECIPE CONTINUED ON NEXT PAGE](#) →



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BRAISED JACOB'S LADDER WITH PARSLEY DUMPLINGS, HAND AND FLOWERS CARROT & PARSNIP PUREE

INGREDIENTS (CONTINUED)

FOR THE PARSNIP PUREE

750g Parsnips, peeled, core removed & sliced

1L Milk

200ml Double cream

50g Salted butter

FOR THE HAND AND FLOWERS CARROTS

10 Carrots, medium sized, peeled

400ml Water

250g Butter

150g Caster sugar

5g Salt

8no. Star anise

METHOD (CONTINUED)

FOR THE DUMPLINGS (CONTINUED):

- Reserve the poaching liquor for warming through the dumplings later.

FOR THE PARSNIP PUREE:

- Add the milk, parsnips and cream into a saucepan and bring up to the boil, then simmer for 30 minutes or until the parsnips are tender.
- Pour into a blender and puree till smooth, slowly add the butter the season with salt.
- Pass through a fine chinois, chill until needed.

FOR THE HAND AND FLOWERS CARROTS:

- Add the water, butter, sugar, salt, and star anise up to the boil, add the carrots and reduce to a simmer for 40 minutes until tender.
- Remove from the heat and leave to cool in the liquid.

TO SERVE:

- Reheat the Jacobs ladder in the sauce.
- Bring the dumpling water back to the boil and add in your dumplings and bring back to temperature.
- Reheat the carrots in the stock glazing with the star anise stock.
- Reheat the puree, then place some on the plate, add on the carrot, drain the dumpling and place next to the carrot.
- Finish with the Jacobs ladder along with the sauce then garnish with a little watercress.