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BUSINESS

TOM KERRIDGE | PUBS & RESTAURANTS | 10 SERVINGS

BRAISED DAUBE OF BEEF W/POTATO PUREE, AND HAND AND FLOWER'S CARROTS

INGREDIENTS

FOR THE BEEF

2.5kg Ox cheek, trimmed
1.5l Red wine
200g Plain flour
100ml Vegetable oil
200g Carrots, peeled & diced
200g Onions, peeled & diced
5g Thyme
50g Garlic
3l Water
80g Knorr Professional Beef Bouillon Paste

FOR THE POTATO PUREE:

1500g Desiree Potatoes
300ml Double Cream
400ml Milk
180g Butter

METHOD

FOR THE BEEF:

- Place the ox cheek in the red wine, cover and allow to marinate for a minimum of 12 hours in the fridge.
- Remove the meat from the red wine and allow to dry.
- Season the flour with salt and pepper then dust the beef with the flour.
- Pan fry, the ox cheeks until golden all over. Remove the meat from the pan and add in the onions, carrots, thyme, and garlic. Allow this to cook until golden.
- In a separate pan bring the water to the boil and whisk in the KNORR Professional Beef Paste Bouillon.
- Add the bouillon and red wine into the pan with the mirepoix and bring to the boil. Skim off any impurities.
- Add the ox cheeks back into the pan, reduce to a simmer and cover.
- Braise at 140°C until the meat is tender.
- Carefully remove the meat from the liquor, then pass the liquid through a fine chinois.
- Reduce the liquid until it reaches the desired consistency.
- Add the ox cheeks back in ahead of serving.

FOR THE POTATO PUREE:

- Bake the potatoes at 200°C until fully cooked.
- Cut the potatoes in half, scoop the flesh, and press through a fine drum sieve.
- Heat the cream and milk in a pan and reduce by half.
- Add in the potato then beat in the butter.
- Season to taste.

[RECIPE CONTINUED ON NEXT PAGE](#) →



BRAISED DAUBE OF BEEF W/POTATO PUREE, AND HAND AND FLOWER'S CARROTS

INGREDIENTS (CONTINUED)

FOR THE HAND AND FLOWERS CARROTS

10 Carrots – medium sized, peeled

400ml Water

250g Butter

150g Caster sugar

5g Salt

8 Star anise

METHOD (CONTINUED)

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:

- Place the mash on the plate and place on the glazed ox cheek.
- Finish with a traditional bourguignon garnish of shallots, bacon lardons, and mushrooms and the Hand and Flower Carrot.