

SLOWLY BRAISED BEEF CHEEKS IN MARSALA ROASTED JERUSALEM ARTICHOKE
PUREE, PUFFED GRAINS, CHERRIES (serves 4)

INGREDIENTS:

4x Beef cheeks

250ml Marsala

1x Carrot (diced)

1x Brown onion (diced)

1stick Celery (diced)

1 Leek (diced)

1L Veal stock (500ml for braising/500ml for reheating the cooked cheeks)

1/2bunch Thyme

1/2 bunch Rosemary

4cloves Garlic (smashed)

5g Black peppercorns

1x Bay leaf

JERUSALEM ARTICHOKE PUREE:

1kg Jerusalem artichokes (washed and diced)

50ml olive oil

1sprig thyme

1sprig rosemary

2cloves garlic

15g butter, salted

200ml chicken stock

GARNISH:

50g Amarena cherries

20g freeze dried cherries

Puffed farro

Puffed black rice

Salt

Crushed Black pepper

METHOD:

Heat a large pot until smoking. Add a little oil and seal the beef cheeks on both sides. Remove the cheeks once golden and keep aside.

To the same pot add the carrots, onion, celery and leek in that order making sure to make each golden brown before adding the next. Add the thyme, rosemary, garlic, peppercorns and bay leaf and cook until you can smell the aromas of the herbs. Place the beef cheeks back in the pot and add the marsala, reduce by two thirds. Cover the cheeks with veal stock and bring to the boil, once boiling turn down to a low simmer and cook for about three hours. Make sure to skim any fat from the top every 15minutes.

Once the beef cheeks are tender remove from the pot and allow to cool. Strain the stock through a fine chinois and place back on the stove, reduce to make a sauce.

While the beef cheeks are cooking start preparing the Jerusalem artichoke puree. Heat a large pot until smoking, add a little oil and then the artichokes. Continue to stir frequently so not to burn. Once the artichokes are golden add the thyme, rosemary, butter, garlic and cook for a further minute to infuse. Deglaze with chicken stock and cover the pan with foil and roast in the oven for twenty minutes on 180degrees Celsius until soft. Remove the rosemary and thyme sprigs and then blitz until smooth, season with salt and pass through a sieve.

Cook the farro in boiling water until tender, line a tray with baking paper and place on top and dry overnight in the oven on pilot.

For the black rice wash thoroughly first and then do the same.

Once the rice and farro are completely dry, they are ready to fry. Heat a pot of cotton seed oil to just before smoking and in small batches flash fry. Once puffed, place the rice and farro on a tray with a paper towel and season with salt. Keep aside until ready to use.

Once the sauce is reduced, strain through muslin cloth and keep hot in a saucepan. Place the cooked beef cheeks in the remaining veal stock and leave on

a simmer until hot. Remove the beef cheeks from the stock and place them in the sauce, baste the beef cheeks until glossy.

Place a spoon full of puree on a plate and put the beef cheek on top, spoon some sauce over the top. Season with salt and pepper, place some cherries on top and around, cover the beef cheeks with the puffed grains and sprinkle the freeze dried cherries over the top. Serve immediately.