

Pan Fried Fillet of Irish Beef
Pomme Purée, Slowed Cooked Shirt Rob, Salt Baked Carrot, Bone Marrow Crust & Beef Jus.

Ingredients:

8oz Irish Beef Fillet
2 Maris Piper Potatoes
200g beef short rib
2 carrots
30g Bone Marrow (or you can use Butter)
100g Brioche Bread
400ml Beef Stock
50ml Red Wine
1 shallot
1 clove garlic
1 Rosemary
1 Thyme
100g Irish Butter
30ml Double Cream
Bunch Chives
Bunch Flat Leaf Parsley
2 Tender stem Broccoli
50g Slat
100g Strong Flour
50ml water



Method

Firstly, you will need to cook the short rib. Pre heat the oven to 150c (300f). In a hot pan sear each side and give a good colour. In the same pan fry the shallot, 1 carrot, garlic and give a good colour. Add a splash of red wine to deglaze the pan. Deglazing is getting all those flavours from the pan. Transfer all the ingredients to a braising pot or Dish and add the short rib. Add the beef stock ensuring the short rib is covered by the stock. Add a lid or cover with tin foil and cook at 150°c (300°f) for 4-5 Hours. The beef should be real tender and nearly falling of the bone. (This Could also be done the night before)

With 40 minutes to go before the short rib is ready you can start the other elements. Peel the potatoes and boil. For the salt dough add the flour, salt and water into a mixing bowl until a dough is formed. Roll the dough to 1-2cm thick. Wrap the peeled carrot in the dough and bake at 160°c (320°f) for 15 Mins.

For the bone marrow crust add the brioche to a food blender to form breadcrumbs. Add the bone marrow or Butter along with finely chopped chives and parsley. Cook at 160°c (320°f) for 10 minutes until golden brown. Set to the side and allow to cool.

Remove the beef fillet from the fridge. Now remove the short rib from the oven. In a small pot add the remaining red wine and strain the juices and stock from the short rib into the sauce-pot. Start to reduce to make the jus. If any fat has risen to the top just skim off the top.

For the beef fillet, ensure that it has been left out of the fridge for about 20-30minutes before cooking, to bring up to room temperature. Season the meat and heat a frying pan until it's smoking. Sear the meat on each side and add some thyme, garlic and rosemary. Add 20g of butter and place in the oven at 180°c (350°f) for 4-6 minutes for medium rare. Once cooked remove from the oven and allow to rest for 7-10 minutes. This will allow the meat to relax and become more tender. Temperatures for cooking beef are;

Rare - 47°c (116°f)

Medium - 55°c (131°f)

Well Done - 69°c (156°f)

Remove the baked carrot and slice down the middle. In a hot pan, fry the flat side of the carrot. Once the carrot has a nice colour, add a little butter and set aside for plating.

Heat a small pot of boiling water. Add the tender-stem broccoli and cook for 2 minutes. Remove from the water and seasoning with some butter and sea salt.

Now make the mash by heating the cream and butter in a pot and put the potatoes through a potato ricer or potato masher. Add some seasoning and give the mixture a good whip with a whisk! The potatoes should be really creamy and loose.

To Serve - Add a piece of the short rib into the jus and glaze. Slice the beef in half and stand up showing the nice pink side of the beef. In a piping bag, add the pomme purée and pipe some points onto the plate. Add the salt baked carrot to the side of the beef. Add the tenderstem broccoli to the side and then place some bone marrow crust on top of the beef. To finish, place the short rib along with some sauce around the plate.