



PASSION!



A special collection of regional recipes using quality beef and lamb from some of England's finest chefs



In 2005, to celebrate the launch of our Quality Standard scheme, we produced 'Glorious!', a unique recipe book featuring a special collection of beef and lamb recipes from some of England's finest chefs.

It was tremendously well received by chefs working in all sectors of the foodservice industry and to this day we still get requests for copies of the book, even though we exhausted our supply some time ago.

It's for that reason that we felt the time was right to produce a new and updated version of 'Glorious!' featuring recipes from yet more of the country's top chefs. We named our new book 'Passion!' because, just like 'Glorious!' it is a celebration not only of beef and lamb dishes produced using excellent quality ingredients from the regions of England, but it is also a celebration of all those individuals dedicated to producing outstanding cuisine. It is about the passion, the determination and the sheer hard work of farmers, butchers and chefs, who with unswerving commitment, work together to produce top quality food.



Hugh Judd
EBLEX Foodservice Project Manager





First published in England in 2008.

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PASSION!



The EBLEX Quality Standard Scheme

Consumer reassurance and more consistent eating quality for beef and lamb are the key objectives that lie at the heart of the EBLEX Quality Standard scheme. In addressing eating quality factors such as tenderness, flavour and succulence, the scheme sets requirements above current legal and commercial standards applicable to beef and lamb.

More information is available from the scheme hotline: 0800 781 4221.



Passion lies at the heart of the pursuit of perfection. At EBLEX we are passionate about the glorious heritage of England's food and farming – and we share the passion of chefs throughout the country who strive for perfection in their delivery of outstanding cuisine time after time.

Ultimately, it is the quality of the ingredients which makes a dish truly great and chefs that are passionate about their sourcing policy will reap the rewards – both in terms of customer satisfaction and loyalty, while also establishing and protecting their own reputation and that of their business.

Independently inspected from farm to plate, the EBLEX Quality Standard scheme sets requirements for beef and lamb production which are over and above current legal standards. It's that commitment to quality that sets the scheme apart.

All of the chefs who have contributed to this book share our passion and commitment to quality and to the standards which the EBLEX Quality Standard scheme seeks to promote.

Enjoy!

A handwritten signature in black ink, appearing to read 'John Cross'.

John Cross
Chairman, EBLEX Limited

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Introducing some of England's finest chefs

The chefs who have kindly contributed their beef and lamb recipes to this book are rated amongst the top in the country. And while each has their own individual style of cooking, they all have one thing in common. Passion. Each of our featured chefs is passionate about sourcing consistently excellent quality ingredients from suppliers they know they can rely on to deliver on time, every time.



*Andreas
Antona*

Andreas has used the same catering butcher for more than 15 years because quite simply, as he puts it, "The quality of the meat is outstanding!" During this time, Andreas has built a solid relationship with his butcher who understands his requirements for high quality beef and lamb. Andreas likes to try out new dishes with lesser known cuts, for example those taken from single muscles, and this is where an experienced and reliable butcher is worth his weight in gold.



*Jason
Atherton*

For Jason, using the right supplier is important – not just to source the right produce but for the consistency and flexibility he requires. He has been sourcing beef and lamb from the same catering butcher for 15 years and over this time has established a strong relationship, built on a mutual understanding, respect and of course, the quality of the ingredients.



*Tony
Binks*

Tony buys top quality beef and lamb from his trusted catering butcher and knows that he is getting excellent quality meat. Tony believes that the working relationship he has fostered with his suppliers is key: "They fully understand my expectations and those of my customers," he says. "With many customers hailing from local farms and farm related businesses we really couldn't put anything other than excellent quality food on our menu!"



*Paul
Heathcote*

Paul has been buying meat from his local catering butcher for the past 15 years and uses nothing but quality assured beef and lamb that meet his exacting standards. The relationship has stood the test of time thanks to their reliability and consistent quality of the meat. Paul's policy to source local produce remains unchanged from the day he went into business 18 years ago, when it was as important to him as it is to others now.



*Jenny
Jones*

Jenny is a keen advocate of using the less popular cuts of beef and lamb, to produce satisfying dishes with a difference. Her sourcing policy is an essential part of the business, specifying locally produced beef and lamb, accompanied by the pub's own grown herbs, fruit and vegetables. At the crux of this is a longstanding and good working relationship between Jenny and her suppliers to ensure that she receives meat to her exact specifications.



*Pierre
Koffmann*

For Pierre, quality is of paramount importance when it comes to sourcing and serving meat. Of course, the key to achieving this is to use a reliable catering supplier. Pierre's relationship with his catering butcher has evolved over many years but the excellent service and superb quality meat are what keeps him going back for more.



*Terry
Laybourne*

Terry has been using his local supplier for over 17 years and through that time has established a deep-rooted relationship with them. The catering butcher he favours knows him very well and instantly responds to his requirements, even undertaking development work where necessary to help create new cuts for either his English or Italian themed menus.



*Steve
Love*

Steve knows that he gets quality beef and lamb, because he has been dealing with his suppliers for many years. Both are small businesses relying on their reputations for excellence. The lamb is raised, butchered and supplied directly from the farm. The breeding and traditional farming methods, combined with low food miles and minimal stress encountered by the animals, results in the quality lamb that Steve relies on – and his customers love.



*Andy
Mackenzie*

Andy and his team are passionate about food and sourcing good quality seasonal produce from their region, which is why they proactively support a company initiative to promote and work with local suppliers. Andy likes to know that he is sourcing fully traceable beef and lamb as well as fresh fruit, vegetables and herbs straight from his own kitchen garden.



*Andrew
Nutter*

Andrew likes to have fun in the kitchen but is passionate about sourcing quality local ingredients. He uses a catering butcher that offers great customer service, professionalism and most importantly, excellent quality beef and lamb. After working with them for almost four years, he knows he can rely on them to meet his orders on time and to the exact specification he requires.



*Steve
Titman*

Steve's priority lies with making sure he's sourcing excellent quality meat and he is confident his current suppliers are doing just that. By regularly reviewing the supplier market and the products available, he can be sure that the assured beef and lamb he is serving will far exceed his customers' expectations. And by using a range of cuts in his dishes, he is able to create a profitable and flavoursome dining experience.





Beef



Braised Ox Cheeks in Red Wine with Mash & Bacon

Jason Atherton
London

method for the ox cheeks

1. Place the ox cheeks into a large bowl with the marinade ingredients. Cover and leave to marinate in the fridge overnight.
2. Strain off the wine and reserve with the mirepoix mixture. Pat the ox cheeks dry with kitchen paper, then season with salt and pepper. Heat 1-2 tbsp olive oil in a sauté pan and fry the cheeks for 1 minute on each side until browned. Transfer to a plate and set aside.
3. Add a little more oil to the pan, tip in the mirepoix mixture with half the parsley and stir over a medium heat for 4-6 minutes until golden brown. Add the reserved wine, stirring to deglaze, and bubble until reduced to a syrupy glaze, stirring occasionally. Pour in the beef stock, add the peppercorns and return the ox cheeks to the pan. Lay a crumpled piece of greaseproof paper on the surface. Bring to a slow simmer and cook for 3-3 ½ hours until tender, stirring occasionally. Leave the ox cheeks to cool in the braising liquor.
4. Once the ox cheeks have cooled, remove them from the pan and set aside. Pass the braising liquor through the muslin-lined sieve into a clean pan. Boil until reduced to a thick and syrupy sauce. Season with salt and pepper to taste.

method for the braised baby onions

1. Heat a small pan with the olive oil and butter. Add the onions and fry for 4-5 minutes until golden brown. Add the sugar, toss well and cook for a couple more minutes until the sugar has caramelised.
2. Carefully strain off the excess butter from the pan and add the chicken stock. Increase the heat and boil until the stock has reduced to a syrupy glaze. Pierce the onions with a metal skewer to check that they are tender. If not, add more stock to the pan and boil again until reduced to a glaze.

method for the deep fried onion rings

1. Soak the onion in the milk for 30 seconds and drain well. Heat the oil in a deep fat fryer or a deep, heavy pan to 170°C. Toss the onion rings in the seasoned flour to coat and shake off excess. Deep-fry in the hot oil until golden and crisp, drain on a tray lined with kitchen paper and sprinkle lightly with salt. Keep warm in a low oven.

to serve

1. Reheat the braised ox cheeks and silky mash. Heat the olive oil and butter in a pan and sauté the pancetta and mushrooms over a medium heat for 3-4 minutes until the pancetta is golden brown.
2. Add the braised onions and toss for a minute or two until warmed through. Finally, add the remaining parsley and remove from the heat. Divide the ox cheeks, braised onions, mushrooms and pancetta between warm plates, and serve silky mashed potato as an accompaniment.



ingredients

serves 4

BRAISED OX CHEEKS

4 ox cheeks, trimmed of fat and sinew

Olive oil, for frying

Small handful of flat-leaf parsley, chopped

1L beef stock

10 peppercorns

20g butter

200g pancetta lardons

200g baby button mushrooms or girolles

MARINADE

190ml port

750ml red wine

1 onion, coarsely chopped

2 carrots, coarsely chopped

2 celery, coarsely chopped

BRAISED BABY ONIONS

1 tbsp olive oil

30g butter

20 baby pearl onions, peeled

1 tsp caster sugar

100-200ml chicken stock

DEEP-FRIED ONION RINGS

1 onion, peeled and sliced into rings

200ml whole milk

3-4 tbsp seasoned plain flour

Sea salt and black pepper

Groundnut or vegetable oil, for deep-frying

TO SERVE

Silky potato mash

Beef



Pièce de Boeuf, Parsley & Garlic Snails, Pancetta, Celeriac & Red Wine Sauce

Andreas Antona
West Midlands

method for the beef

1. Rub the beef all over with some oil and seal briefly on the plancha or a very hot pan. Allow to cool a little. Cook on a rack at 80°C for approximately 25 minutes. Remove from the oven and keep warm.

method for the snails

1. Sweat the mirepoix and the garlic in the oil for 5 minutes. Add the wine, peppercorns and thyme and reduce by $\frac{3}{4}$. Add the chicken stock and snails, bring to the boil and skim. Cover the pan and simmer very gently for 2½ hours. Reserve in the cooking liquid.

method for the pancetta

1. Grill the pancetta until crisp, drain well and reserve.

method for the celeriac

1. Slice the celeriac into 8mm thick and use a 4cm cutter to make discs. Blanch the discs in boiling salted water and refresh. Chop the trimmings and sweat in the butter for 5 minutes, add the water and cook until tender. Add the cream and reduce a little. Blitz to a purée, pass through a chinois and season. Keep warm.

to serve

1. Heat a large non-stick pan, add the beef, butter, garlic and thyme. Rewarm and caramelize the beef with the foaming butter.
2. In a separate pan, sweat the shallots and a little chopped garlic until soft in 50g of butter. Then add the snails and heat through well, add the chopped parsley and seasoning. Reheat the celeriac.
3. Slice the pièce de boeuf across the grain into four thick slices. Scatter the snails, pancetta, and parsley crisps around. Spoon on a little of the celeriac. Finish with the red wine sauce and the butter sauce.



ingredients

serves 4

PIÈCE DE BOEUF

1 x 400g lower sirloin pave
75ml vegetable oil
75g butter
1 garlic clove, cut in half
Large sprig thyme

PARSLEY & GARLIC SNAILS

20 extra large snails from a tin, washed and soaked in cold water for 2 hours
180g small mirepoix
2 garlic cloves, sliced
2 tbsp vegetable oil
175ml dry white wine
5 white peppercorns
2 sprigs thyme
750ml chicken stock
1 shallot, chopped
1 tbsp chopped parsley

PANCETTA

8 thin slices pancetta

CELERIAC

½ celeriac, peeled
25g butter
100ml water
2 tbsp whipping cream

TO SERVE

200ml red wine and beef jus
80ml parsley and garlic butter sauce
Parsley crisps

Beef

ingredients

serves 4

ROCKET MAYONNAISE

150g pomace or light olive oil
2 egg yolks
2 tbsp rocket purée
Salt and freshly milled black pepper
1 tbsp lemon juice

BRISKET CROQUETTES

50g butter
60g flour
280ml beef stock (reserved from the braised brisket)
100g cooked braised brisket
50g flour
2 eggs
50g white breadcrumbs
50g crushed cornflakes

BEEF TARTARE

300g trimmed beef fillet, diced
1 tbsp shallot, finely chopped
1 tsp chopped chives
Salt and freshly milled black pepper
Olive oil, to taste

TO SERVE

Extra mixed salad or frisée lettuce

Duo of Beef, Tartare & Croquette with Rocket Mayonnaise

Steve Titman
Dorset



method for rocket mayonnaise

1. Slowly add the oil to the egg yolks whisking continuously until the mixture resembles thick mayonnaise. Add the rocket purée slowly. Season with salt, pepper and lemon juice.

method for the croquettes

1. In a saucepan melt the butter and then add the flour and cook lightly. Slowly add the stock a little at a time allowing the mixture to boil after each addition.
2. Remove from the heat and add the brisket, season to taste and pour onto a flat tray to cool.
3. When the mixture is cool shape into small croquettes and roll in the flour, egg and finally, through the mixed breadcrumbs and cornflakes. Take care to make sure they are well covered to avoid them breaking when frying.

method for the tartare

1. In a bowl mix the beef fillet with the shallots and chives. Add seasoning and olive oil to taste.

to serve

1. Deep-fry the croquettes at 170°C for approximately 3 minutes or until golden brown. Drain on kitchen paper.
2. Divide the beef tartare and press into 8 circular moulds. Place a little mixed salad of frisée and rocket on top of the tartare and then place the croquette on top. Decorate the plate with the rocket mayonnaise.



Braised Oxtail in Stout with Seasonal Vegetables

Paul Heathcote
Lancashire



method

1. Season the oxtail. In a hot pan with a little oil fry off the oxtail until golden brown.
2. Add vegetables, garlic and herbs and colour well.
3. Add the sugar and caramelize. Deglaze the pan with vinegar followed by red wine then transfer all the ingredients into a casserole dish or roasting tray.
4. Add the stout, bring to the boil, add the stocks, reduce the heat, cover with a lid or foil and cook for about 2½ hours until very tender.
5. Remove the oxtail, set aside and reserve.
6. Pass the remaining liquor through a sieve into a pan and simmer, skimming off all the fat, reduce the liquid until a sauce is achieved. Pass through a fine sieve and return the oxtail to the pan.

to serve

1. Serve the braised oxtail with the seasonal vegetables.

ingredients

serves 3-4

- 1 oxtail, cut into 6 or 7 pieces
- Sea salt and freshly milled pepper
- Vegetable oil
- 1 carrot, chopped
- 1 stick celery, chopped
- 1 onion, chopped
- 1 garlic clove
- 1 bay leaf
- Sprig thyme
- 10g sugar
- 75ml red wine vinegar
- 125ml red wine
- 200ml stout
- 450ml beef stock
- 450ml chicken stock
- Seasonal vegetables



Beef



Steak & Smoked Kidney Sausages, Root Vegetable Cake, Spiced Pear Red Cabbage, Lemon Thyme Yorkshire Pudding & Roasted Red Onion Gravy

Jenny Jones
Hampshire

method for the smoked kidneys

1. Seal kidneys quickly, all over in hot oil. Place the remaining ingredients into a wok lined with foil. Place a metal rack on top. When smoking, place kidneys on the rack and cover tightly with lid. Reduce the heat to low and leave to smoke for approximately 30 minutes.

method for the sausages

1. Soak sausage skins in cold water. Meanwhile, mince together the beef, including all fat, kidneys, back fat, rusk, port, mustard, thyme and seasoning.
2. Pan fry a small amount of the sausage filling to check for seasoning. Make sausages in normal way using a sausage maker. The mix will produce around 32 sausages.

method for the yorkshire puddings

1. In a large bowl, blend flour with salt, eggs and milk to make batter. Add lemon thyme. Heat a little oil in each hole of a muffin tin until very hot. Add a ladleful of the batter and cook in a hot oven for 15-20 minutes, until risen and golden.

method for the root vegetable cake

1. Parboil the vegetables and finely grate. Add the horseradish. Sauté the shallots lightly and stir in to the grated vegetables with a little olive oil. Season and shape into 8 neat cakes. Dust with flour before frying until golden brown on each side. Transfer to the oven to cook through.

method for the red cabbage & pear

1. Sauté the red onion and add the cabbage and pear. Stir in sugar and spices. Add the red wine vinegar and heat until evaporated. Add the red wine, season and cook until soft.

to serve

1. Place a vegetable cake in centre of plate, surround with red cabbage and pear. Place two sausages on top of root vegetable cake. Place Yorkshire pudding on dish and pour gravy around.



ingredients

serves 8

SMOKED KIDNEYS

9 lamb's kidneys, trimmed
Oil, for frying
100g uncooked rice
2 bay leaves
2 cinnamon sticks
Zest of 1 lemon and 1 orange
1 large handful of fresh thyme
50g dried herbs
10g sea salt
50g peppercorns
5g crushed peppercorns

SAUSAGES

Sausage skins
750g boned fore rib of beef
200g back fat
45g rusk/dried breadcrumbs
(or 5% of mix)
3 tbsp port
2 tsp wholegrain mustard
2 tbsp chopped fresh thyme
Seasoning

YORKSHIRE PUDDING

165g plain flour
Large pinch of salt
6 eggs, beaten
300ml milk
4 sprigs of lemon thyme, chopped
Groundnut oil

ROOT VEGETABLE CAKE

500g parsnips, peeled and chopped
1 celeriac, peeled and chopped
500g carrots, peeled and chopped
1kg potatoes, peeled and chopped
Grated fresh horseradish, to taste
250g shallots, sliced
Olive oil, for frying
Seasoning
Flour

RED CABBAGE & PEAR

2 red onions, thinly sliced
1 red cabbage, thinly sliced
2 pears, cored and diced
3 tbsp brown sugar
1 cinnamon stick
1 tsp allspice
75ml red wine vinegar
175ml red wine



Brasato Al Nebbiolo

Slow-cooked Shoulder of Beef in Red Wine with Wild Mushrooms & Polenta

Terry Laybourne

Tyne and Wear

method for the beef

1. Season the meat on all sides.
2. Heat a heavy, deep, cast iron roasting tray over a high heat. Add the olive oil and when virtually smoking, add the beef and brown well on all sides (around 10 –12 minutes).
3. Remove the beef with a fork and set aside. Discard excess oil from the roasting tray and return to the heat, adding carrot, onion, celery and pancetta.
4. Cook gently for about 10 minutes whilst stirring from time to time until they begin to brown and soften slightly.
5. Add the wine and tomato sauce, bring to a simmer, return the meat to the tray. Cover with foil and transfer to a low oven (125°C) and braise for 4 hours; turning every now and then; until very tender.
6. Remove from the oven and transfer meat to a cutting board. Strain the cooking liquor to another pan and boil to reduce to a sauce consistency.

method for the tomato sauce

1. Heat the oil in large saucepan until hot but not smoking and add onion and garlic. Cook for 2 minutes until soft and lightly browned.
2. Add the thyme and carrots, reduce heat and continue cooking for 10-15 minutes until soft.
3. Add tomatoes and their juices; break them up with a wooden spoon. Simmer for about 45 minutes until the tomatoes are soft and the sauce has thickened.
4. Season with salt and pepper. Remove from the heat, chill and use as required.

to serve

1. With two forks tear the meat into large chunks. Divide polenta between six plates and arrange meat on each. Spoon the sauce over and scatter the wild mushrooms.



ingredients

serves 6

1.2kg beef feather blade
(one piece)
Sea salt and pepper
65ml olive oil
1 medium carrot, finely chopped
1 medium onion, finely chopped
1 celery stick, finely chopped
110g pancetta, finely diced
750ml full-bodied red wine,
such as Nebbiolo
500ml tomato sauce
(see ingredients list below)

TOMATO SAUCE (MAKES APPROX 600ML)

60ml olive oil
1 small onion, finely chopped
2 garlic cloves, chopped
1½ tbsp chopped thyme leaves
½ carrot, finely chopped
1 x 800g tin plum tomatoes
with juice
Sea salt and freshly milled
black pepper

TO SERVE

375g polenta cooked in
1.5L water, until soft
250g wild mushrooms sautéed

Beef



A Tasting of Beef

Grilled Rump, Tail Faggot & Roasted Rib

Andy Mackenzie
Hampshire

method for the tail faggot

1. Sear the oxtail pieces, sweat off the vegetables, put into a casserole dish, cover with ale, stock and herbs. Braise in the oven slowly for 3-4 hours or until the meat falls off the bone.
2. Transfer the oxtail to a bowl and allow to cool, then remove the meat from the bone and set aside. Strain the liquor and reduce whilst skimming off the fat, until a rich sauce has formed and set aside. Add the oxtails and a little of the reduced liquor (enough to bind) to another bowl, then add the shallots, parsley and orange zest. Season to taste. Shape into the size of a ping-pong ball, wrap in caul fat and refrigerate for at least 2 hours but best made the day before.

method for the red cabbage compôte

1. Sweat off the cabbage in the butter for a few minutes then add the remaining ingredients and cook slowly until the liquid reduces. Once reduced transfer to a food processor and blitz. Season to taste and set aside.

method for the red pepper marmalade

1. Cut the pepper in half, remove the seeds and press flat onto a tray. Place under the grill and cook until skin blisters. Place into a bowl and cover with cling film for 5 minutes.
2. Chop the peeled flesh finely. In a pan add the butter then when it starts to bubble add the shallots, pepper, ketchup, honey and bay leaf. Simmer until a chutney develops. Season and set aside.

method for the parsnip mash

1. Cook the potato and parsnip in salted water until tender then strain. Mash until smooth with the cream and butter. Season to taste, spoon into a piping bag and keep hot.

to serve

1. Season the rib and sear in a hot oven (220°C) 4-5 minutes on each side (depending on how you want it cooked). Remove and rest for a further 5 minutes.
2. Gently sear off the faggots then place into a little of the liquor to heat gently. Reheat the red cabbage compôte and pepper marmalade. Put a skillet on to the stove to get hot ready for the rump.
3. Wilt the kale down with the butter, season then pat dry. On the plates place a spoonful of the red cabbage compote. Pipe on the mash and place a spoonful of the kale.
4. Put the rump in the skillet and cook for 1 minute on each side. Place the hot faggot on the mash. Carve the rested rib and place onto the red cabbage, rest the rump for a few minutes. Place a spoonful of red pepper marmalade onto the rib, put the steak onto the kale. Sauce the plate and serve.



ingredients

serves 4

MEAT

300g rump steak, cut into
4 small steaks
500g fore rib (one bone)

TAIL FAGGOT

500g oxtail pieces
2 carrots
1 large onion
2 sticks of celery
2 garlic cloves
500ml organic ale
500ml chicken stock
Bay leaf
Fresh thyme
1 shallot, finely chopped
1 handful chopped parsley
½ orange zest
100g caul fat

RED ONION COMPÔTE

400g red cabbage, shredded
50g butter
25ml red wine
10ml red wine vinegar
150g demerara sugar
Zest and juice of 1 orange
3 tbsps redcurrant jelly

RED PEPPER MARMALADE

1 large red pepper
10g butter
1 banana shallot, chopped
2 tbsps tomato ketchup
1 tbsps honey
Bay leaf

PARSNIP MASH

1 large parsnip, diced
3 medium Desiree potatoes, diced
10-20ml cream
30g butter

CURLY KALE

400g curly kale, stalks removed
and washed
10g butter

ingredients

serves 4

SUNSHINE SALAD

1 small baking potato – cut into small dice and fried until crisp in 1 tbsp olive oil

2 shallots, finely chopped

5 yellow cherry tomatoes, cut into small chunks

5 cherry plum tomatoes

Juice of ½ lime

1 small fennel, finely sliced on a mandolin

1 tsp poppy seeds

1 small cucumber, shaped into lozenges

2 radish, sliced wafer thin

1 tsp sugar

1 bunch watercress

1 tbsp sherry vinegar

3 tbsp extra virgin olive oil

PEPPER HOLLANDAISE

3 egg yolks

1 tbsp lemon juice

1 tbsp white wine vinegar

115g butter, bubbling hot

1 large pinch curry powder

Pinch cracked black pepper

Pinch salt

BEEF FILLET

2 x 180g beef fillets

Splash olive oil

25g butter

Black & Blue Beef Fillet

with Sunshine Salad & Curried Cracked Pepper Hollandaise

Andrew Nutter

Lancashire



method for the sunshine salad

1. Combine all the ingredients together and toss in the vinegar and olive oil. Arrange on a plate.

method for the hollandaise

1. Put the egg yolks, lemon juice and vinegar in a food processor and blitz.
2. Take the butter straight off the heat, add the curry powder and pour in. Add the seasonings and blitz for 30 seconds until foamy.

method for the beef fillet

1. Heat the oil and butter in a frying pan. Seal the beef one side only for about 3 minutes until charred on the base, but still completely rare on top.

to serve

1. Serve straight from the pan with the salad and hollandaise.



Braised Rump of Beef in Brown Ale with Shallots & Bacon

Tony Binks
Northumberland



method

1. Trim excess fat and skin from the beef rumps, cut the pork fat, push the strips of fat through the beef joints using a small sharp knife (this will help keep the beef moist).
2. Put the beef in the marinade and refrigerate for 48hrs.
3. Drain all the marinade and vegetables from the beef and retain.
4. Seal the beef joints in hot butter and oil until well browned. Remove from the pan then caramelize the onion, carrot, celery, shallots and bacon; set aside. In the same pan caramelize the vegetables from the marinade, pour off excess fat and deglaze the pan with the ale, red wine and marinade liquid. Bring to the boil and reduce by half. Strain and discard the vegetables.
5. Put the beef joints in a large casserole dish, pour over the hot liquid and beef stock. Bring to the boil, cover and cook in an oven 140°C for approximately 4 hours. After cooking allow to cool in the liquor and refrigerate overnight. Skim fat from the surface.
6. To reheat, remove the beef from the cooking liquor and place in an ovenproof dish. Pour over a quarter of the cooking liquor with some of the caramelised vegetables, shallots and bacon. Cover and reheat in the oven at 180°C for 30 minutes, basting occasionally until completely hot (you can use a temperature probe). Simmer any remaining liquid in a saucepan until the required consistency is reached.

to serve

1. Carve the beef into 4 portions and serve with the vegetables, bacon and shallots garnish. Pour the hot sauce over the meat and serve with creamed potatoes and buttered cabbage.

ingredients

serves 4-6

- 2 x 500g portions beef rump
- 50g pork fat, cut into small strips
- 100g butter
- 2 tbsp olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 stick celery, chopped
- 20 peeled shallots
- 150g smoked streaky bacon
- 1 bottle brown ale
- ½ bottle red wine
- 1L beef stock

MARINADE

- ½ bottle red wine
- 2 garlic cloves
- Mirepoix (1 small carrot, onion, finely chopped)
- 1 sprig fresh thyme
- 1 sprig fresh rosemary
- 2 tbsp olive oil
- 2 cloves
- 6 peppercorns
- 2 tbsp red wine vinegar





Braised Cheek & Fillet of Beef with Rock Oyster Blackberry Onions, Kale, Garlic Purée, Madeira Jelly & Coffee Brittle

Steve Love

Gloucestershire

method for the beef cheek

1. Seal in a hot pan and braise in beef stock until soft and cooked. Season to taste.
2. Reduce red wine and add the reduced beef stock. Place beef cheek in reduced stock and bind. Season to taste with salt and pepper.

method for the blackberry onions

1. Sauté the onions for 15 minutes allowing the sugars to release. When the colour starts to appear, add the butter and continue to colour for a further 10 minutes. Add the wine and reduce.
2. Add blackberries just until they start to break down. Season to taste with salt and pepper and sugar if required.

method for the garlic purée

1. Peel and remove inner stalks of garlic. Blanch cloves once in salted water and twice in fresh water, refresh in cold water each time. Transfer to a clean pan after the third time. Add the cream and butter then bring to the boil. Blend to a purée and season.

method for the madeira jelly

1. Bring the Madeira to boil, flame and remove. Add the agar agar, whisk thoroughly and remove from the heat just before boiling. Place the mixture into a single container and allow to set.

method for the coffee brittle

1. Heat the glucose, Isomalt and fondant in a small pan until the Isomalt dissolves, then increase the heat until a deep brown colour is achieved. Add the coffee powder and pour onto silopat mat to cool.

to serve

1. Season the fillet then pan fry to the desired degree of cooking. Rest then slice in half.
2. Blanch the kale in boiling salted water and refresh in iced water. Season to taste with salt and pepper and sauté in butter to reheat.
3. Poach the oysters in reserved juice for 10 seconds. Season.
4. Place 2 tbsp of the blackberry onions onto a hot plate followed by the warm kale on top. On the other side of the plate put a tsp of garlic purée, put the hot beef cheek on top followed by a poached oyster.
5. Dot the diced jelly around the plate to decorate. Cut the piece of fillet in half; allow to drain slightly before placing on top of the kale. Put the piece of the brittle on the side of the beef cheek and sauce the plate.



ingredients

serves 2

BEEF CHEEK

1 beef cheek, trimmed
100ml beef stock
100ml reduced beef stock
100ml red wine
Salt and freshly milled
black pepper

BLACKBERRY ONIONS

2 large white onions, sliced
1 tbsp oil
20g butter
Splash red wine
50g blackberries

GARLIC PURÉE

2 garlic cloves
50ml double cream
20g butter

MADEIRA JELLY

100ml Madeira
1g agar agar

COFFEE BRITTLE

12.25g liquid glucose
12.25g Isomalt
24.5g fondant
10g coffee powder

BEEF FILLET

2 x 4oz beef fillets

KALE

75g kale, rinsed and
stalks removed

OYSTERS

2 rock oysters, shucked and
juice reserved

Beef



Joue de Boeuf En Daube

Ox Cheek Braised in Red Wine

Pierre Koffmann
London

method for the ox cheeks

1. Preheat the oven to 180°C/350°F/Gas mark 5. Roll the pieces of meat lightly in the seasoned flour. Heat the vegetable oil in a large, heavy heatproof casserole until very hot, then brown the meat quickly and evenly. Add the carrots and onions, cover and sweat gently for 10 minutes.
2. Holding the lid over the pan, pour away any cooking fat. Deglaze with the red wine and bring to the boil. Add the garlic and bouquet garni and season. Replace the lid and cook in the oven for about 2½ hours, until the meat is very tender. Stir regularly during cooking, adding water as necessary.
3. Meanwhile, put the button onions into a pan large enough to hold them all in a single layer. Pour over water to a depth of 1cm and add the butter, salt and sugar. Cover with a piece of greaseproof paper and press it down onto the onions. Bring to the boil and simmer over a low heat, tossing the onions very gently from time to time, until they are brown and shiny. Keep warm and covered until ready to use.
4. Remove the daube from the oven. Lift out the pieces of meat with a slotted spoon and transfer to another pan. Pass the sauce through a fine sieve over the meat. Discard the vegetables and the bouquet garni. Add the button onions to the daube and simmer for 10 more minutes.
5. Meanwhile, cook the carrots and noodles separately in salted boiling water, drain and add a knob of butter.

method for the pâte à ravioli (home-made pasta dough)

1. Put the flour in a large bowl, make a well in the centre and put in the eggs. Whisk with a fork, drawing in the flour gradually until it is all incorporated. On a lightly floured surface, knead the dough until smooth. Divide it into five or six pieces and cover with a damp cloth.
2. Put one piece of dough through the thickest setting of the pasta machine, dusting it well with flour; fold it, roll again and repeat the operation six times for each piece of dough. Finally, put the piece of dough through the thinnest setting of the pasta machine. Cut into squares or ribbons and keep in a cool place between sheets of greaseproof paper.
3. To cook the pasta, bring a large pan of salted water to the boil, then put in the pasta. The exact cooking time for filled pasta depends on the filling, and is given in individual recipes. Unfilled pasta (eg: noodles or spaghetti) is ready as soon as it rises to the surface of the boiling water.
4. Drain the pasta, refresh under cold water and reheat gently in hot butter. Season with salt before serving.

to serve

1. Serve the daube in warm plates and arrange the onions and carrots around the meat. Pile a small bundle of the noodles on each plate, sprinkle with a little chopped parsley and serve immediately.



ingredients

serves 4

700g ox cheek, cut into
12 large pieces
100g seasoned flour
50ml vegetable oil
150g carrots, roughly diced
150g onions, roughly diced
1 bottle (750ml) good red wine
4 garlic cloves, chopped
1 bouquet garni
120g button onions, peeled
30g butter
½ tsp sugar
200g carrots, diced
300g home-made noodles
(see pasta dough recipe)
1 tbsp finely chopped parsley
Salt and freshly milled
black pepper

HOME-MADE PASTA DOUGH

1kg strong bread flour, plus extra
for dusting
9 eggs (size 3)

Beef





Lamb



Roast Loin of Lamb & Braised Shoulder Shepherd's Pie with Savoy Cabbage & Rosemary Jus

Steve Titman
Dorset

method for the braised shoulder shepherd's pie

1. Season the lamb shoulder and sear in a hot frying pan. Place the lamb in a deep casserole dish. In the same frying pan add the chopped onions, carrots and garlic and cook for 3 minutes.
2. Add the tomato purée and cook for a further 2 minutes then add the tomato juice, red wine and stock. Bring to the boil and pour over the shoulder. Cover the dish and place in a slow oven (140°C) and braise for 5 to 6 hours until the shoulder falls apart. Remove the shoulder, allow to cool a little and either flake or roughly chop the meat.
3. Meanwhile strain the cooking juice and reduce in a saucepan until well flavoured with a sauce consistency.
4. In a clean saucepan, cook the diced carrot, onion, celeriac and swede until soft (but not puréed). Add the diced shoulder and continue to cook on a low heat. Add a little of the sauce to bind the lamb and vegetables together. Reserve the remaining sauce.

method for the potato ring

1. Thinly slice the potatoes lengthways with a mandolin. Wrap a length of greaseproof paper around the outside of 6 metal rings and then carefully arrange the potato slices around the greaseroof paper, overlapping. Secure with a piece of string.
2. Deep fry until golden brown. As the potato cooks the ring and paper should fall away allowing the potato to cook evenly on both sides whilst maintaining its shape. Drain on a piece of kitchen paper.

method for the potato foam

1. Gently heat the potato purée with the milk, cream and butter. Season to taste. When the potato has the consistency of whipping cream, place in a cream whipper and charge with the gas.

to serve

1. Season and sear the loins in a hot pan and roast for approximately 7 minutes, turning halfway through cooking. Remove from the oven and allow to rest. In a hot pan add the bacon and onion and cook until the onions are soft. Add the cabbage and cook for a further 2 minutes.
2. Place the potato ring onto the plate and half fill with the shepherd's pie (a ramekin can be used if the potato rings are not made).
3. Arrange the cabbage in front of the shepherd's pie and place 3 slices of lamb on top. Finally, place the potato foam on top of the shoulder mix. Add the chopped rosemary to the sauce and spoon a little of the jus around the lamb.



ingredients

serves 6

BRAISED SHOULDER OF LAMB

- 1 lamb shoulder (weighing around 1.1kg), de-boned and trimmed
- 2 onions, 1 chopped, 1 finely diced
- 2 carrots, 1 chopped, 1 finely diced
- 3 garlic cloves, chopped
- 1 tbsp tomato purée
- 100ml tomato juice
- 200ml red wine
- 500ml lamb or chicken stock
- ½ celeriac, finely diced
- 1 swede, finely diced

POTATO RING

- 2 large Maris Piper potatoes

POTATO FOAM

- 300g potato purée
- 75g milk
- 100g cream
- 50g butter
- Salt and freshly milled black pepper

ROAST LOIN OF LAMB

- 2 x 200g lamb loins

ROSEMARY JUS

- 2 x sprigs rosemary, finely chopped

SAVOY CABBAGE

- 6 rashers streaky bacon, cut into lardons
- ½ onion, finely chopped
- ½ Savoy cabbage, shredded

Lamb



Slow Braised Shoulder of Lamb

with Mayan Gold Mash

Andrew Nutter
Lancashire

method

1. Heat the olive oil and add the shallots, garlic and rosemary. Sauté briefly for 3-4 minutes, remove from the heat and leave to cool, then add the mint.
2. Take the lamb shoulder and season both sides. Lay the fat side down on a chopping board and scatter the shallot mixture on top.
3. Roll the shoulder into a cylinder and secure with string to hold it in place.
4. Heat the olive oil in a casserole pan and seal the lamb until golden on all sides.
5. Add the carrot, celery and onion and sauté in the pan for about 2-3 minutes. Add the tomato purée, thyme, rosemary, red wine and beef stock. Bring to a gentle simmer, cover with foil and place in an oven at 140°C for 2½ hours.
6. Remove from the oven; the meat when cut with a knife should flake easily – if not return to the oven for a further 20 minutes.
7. Remove the lamb from the cooking liquor and roll tightly in tin foil – this keeps the lamb in a neat cylinder shape. Leave to cool then put in fridge until ready to serve, strain the liquor through a sieve.
8. Unroll the lamb from the foil and remove the strings, cut into six even slices. Heat the butter in a small frying pan and fry the lamb on both sides until golden. Place in oven at 180°C for 5 minutes to heat through.
9. Heat the cooking liquor and skim off any excess fat from the surface, season to taste and reduce to thicken if necessary.

to serve

1. Place some of the sautéed sugar snaps in a bowl. Place the lamb on top and finish with the mash, vegetable balls, lotus crisp and finally, pour over the sauce.



ingredients

serves 6

1 tbsp olive oil
4 shallots, finely chopped
2 garlic cloves, chopped
1 tsp chopped rosemary
Few leaves fresh mint, shredded
1 x 2kg lamb shoulder, boned and flattened
2 tbsp olive oil
1 carrot, roughly chopped
2 sticks celery, roughly chopped
1 onion, roughly chopped
1 tbsp tomato purée
Sprig of thyme and rosemary
300ml red wine
2L beef stock
25g butter

TO SERVE

Sautéed sugar snap peas
Mayan Gold mash
Balls of carrot/courgette
Lotus crisp

Lamb



Slow-cooked Loin, Braised Shoulder & Epigramme of Lamb, Sweetbreads, Tongue with Leeks, Mint Jelly, Anchovy and Girolle Mushrooms

Steve Love
Gloucestershire

method for the lamb loin

1. Cut each lamb loin into 3.
2. Bring the lamb fat to room temperature to melt. Using a hypodermic needle inject the fat into the meat in a few places. Seal off the meat quickly, chill down, vac pac and cook in a water bath at 58°C for 40 minutes. Remove and transfer to iced water to halt the cooking process.
3. For service heat at 55°C for 15 minutes. Remove from the bag, pat dry on a clean kitchen paper then seal in a hot pan. Season with salt and allow to rest before cutting.

method for the lamb shoulder

1. Season with salt, then cut lengthways to create smaller pieces and roll up and tie with string. Seal in a hot pan. Transfer to a suitable pot cover with the stocks and bring to a simmer. Cover and transfer to a low oven at 120°C.
2. Cook for approximately 4-5 hours until the meat is soft and tender. Remove from the oven, allow to cool in the cooking liquor.
3. When almost cold remove from the liquor (reserve this), allow to drain. Remove the string and roll up tight in a double layer of cling film. Secure the ends and refrigerate, hanging upright to keep the shape.
4. Reduce the reserved cooking liquor to form the jus to be served on the dish. To reheat, cut off the required portion, place in some stock with a knob of butter on top and put into a hot oven for 5-10 minutes.
5. To serve, remove the cling film and baste in some hot jus to glaze.

method for the epigramme of lamb

1. Seal off the breast of lamb, put into a suitable pot and cover with the cooking liquor from the shoulder before it's reduced down. Put a lid on the top.
2. Place in low oven at 120°C. Cook for approximately 3-4 hours until the meat is soft and tender. Remove from the oven, allow to cool in the liquor then allow to drain. Wrap tightly in double cling film keeping it flat. Put into the fridge overnight with a weight on top and press down.
3. Cut to a small oblong approximately 2cm by 4cm and coat in the breadcrumbs.
4. To finish, pan fry in oil and butter until golden brown on all sides. Season with salt and allow to drain on a clean paper towel.



continued overleaf...

ingredients

serves 6

LAMB LOIN

2 lamb loins cut from a short saddle, boned and trimmed
70g rendered down lamb fat

LAMB SHOULDER

700g lamb shoulder (centre cut), trimmed
400ml lamb stock
100ml reduced lamb stock

EPIGRAMME OF LAMB

1 breast of lamb
400ml lamb stock
100ml reduced lamb stock
Enough dried bread crumbs, flour, egg wash to coat

SWEETBREADS

120g lamb's sweetbreads, rinsed, cleaned and soaked overnight in salt, 50/50 milk and water to cover
1 x 50/50 milk, water to cover

TONGUE

2 lamb's tongues, rinsed
100ml shoulder cooking liquor

MINT JELLY

100ml clear lamb stock
100ml reduced clear chicken stock
50g fresh mint
1.8g agar agar

Lamb

continued overleaf...

ingredients continued

ANCHOVY

3 marinated anchovies

Flour, to coat

75ml beer batter

GIROLLE MUSHROOMS

125g girolle mushrooms, cleaned and trimmed

TO SERVE

Leek purée

Leek garnish



method for the sweetbreads

1. Rinse the sweetbreads in cold water. Transfer to a pan and cover with the remaining milk and water. Place on a low heat and simmer for 5 minutes. Remove from the heat and allow to cool.
2. Remove the membrane from around the sweetbread. Vac pac and store on ice. To reheat pan fry in a little oil and butter. Season with a little salt, drain and serve.

method for the tongue

1. Seal the tongues and transfer into a pot. Pour in the stock, cover and transfer to a low oven at 120°C for approximately 2-3 hours. Remove from the oven, allow to cool, drain, skin and wrap in double cling film. Chill.
2. To serve, cut 2 pieces per portion and pan-fry with the sweetbreads.

method for the mint jelly

1. Bring the stocks to a simmer, wash the mint and bruise with the back of a heavy knife.
2. Put the mint into the stock, remove from the heat and allow the flavour to infuse. Check seasoning. When cold remove the mint from the stock. Reheat to a simmer, add the agar agar whisking continuously for 1 minute, then pour the stock into a ceramic dish so you can cut out small dice shapes after setting.
3. Place in the fridge to firm up and when set turn out and cut into small diced cubes.

method for the anchovy

1. Coat the anchovy in flour and remove any excess, dip into the batter and deep fry at 180°C. When crispy remove from the fryer, drain on clean kitchen paper and cut into small pieces.

method for the girolle mushrooms

1. Cook to order. Pan fry in a little frothing butter. Season with salt. Drain on clean kitchen paper.

to serve

1. To serve, pipe some leek purée in a zigzag down the centre. Arrange the girolle mushrooms, baby leek, mint jelly and anchovy down each side of this. Put some of the leek squares in a pile at one end.
2. Put the lamb shoulder at the opposite end, the epigramme of lamb in the middle and the loin on top of the leek garnish. Serve the jus separately at the table.

Arrosticini Di Pecora

Charcoal-grilled Lamb Skewers

Terry Laybourne
Tyne and Wear



method for the skewers

1. Soak 16 wooden skewers for 1 hour in cold water.
2. Preheat a chargrill or barbecue until medium hot.
3. Season the lamb with sea salt and freshly milled black pepper, and thread onto skewers, ensuring that the fat is sandwiched between each cube.
4. Cook on the preheated charcoal grill or barbecue, until nicely browned and the edges of the fat begin to crisp; about 10 minutes, turning once or twice.
5. Serve immediately, drizzled with extra virgin olive oil and parsley.

to serve

1. Serve a wedge of lemon alongside and accompany with rosemary/garlic roast potatoes and a dressed green salad.

ingredients

serves 4-6

675g lamb flesh, (from the leg of late season, hill lambs with around 20% fat content) cut into 2cm cubes, or diced lamb leg, and some fat from the loin

Sea salt

Freshly milled black pepper

Extra virgin olive oil

2 tbsp freshly chopped parsley

1 lemon, cut into wedges

Rosemary/garlic roasted potatoes

Green salad

Vinaigrette



Lamb



Confit Rosemary Breast of Lamb

Pearl Barley Shallot & Caper Stuffing, Butternut Squash & Garlic Purée, with Lamb & Orange Meatballs & Dauphinoise

Jenny Jones

Hampshire

method for the lamb

1. Lay the breast of lamb flat and season well. Spread the spinach, lemon zest and garlic on top.

method for the stuffing

1. Cook the pearl barley in water for approximately 35-40 minutes, drain and allow to cool. Meanwhile, sauté the shallots in the butter. Mix together the barley, capers, seasoning and sautéed shallots. Add one egg and mix thoroughly.
2. Lay the stuffing on top of the spinach mixture and roll up. Tie with string and season. Brown all over, remove from the pan and sprinkle with the rosemary. Roll tightly in seven layers of cling film lengthways and seal tightly. Or alternatively, vacuum pack if available.
3. Cook submerged in a water bath in a moderate oven (160°C/140°C fan assisted) for approximately 3 hours or until tender. Unwrap and reserve the juices, rewrap in another seven layers of cling film to set shape. Chill until required.

method for the purée

1. Simmer together the butternut squash, garlic and seasoning in boiling water, for about 15 minutes. Purée with the butter and season if required.

method for the meatballs

1. Sauté the shallots until soft, cool slightly then add the remaining ingredients. Season well. Shape the mixture into walnut-sized balls. Brown in the oil. Finish off in the oven until cooked.

method for the dauphinoise

1. Layer the potatoes in the bottom of a buttered dish. Add layer of celeriac, season and add some garlic. Keep layering with all ingredients. Pour over the cream and add the nutmeg. Place in the centre of a roasting tin and pour in hot water to half way up dish. Bake in a moderate oven for approximately 1½ hours.

to serve

1. Reheat the lamb in the oven wrapped in parchment or greaseproof paper then cut into thick slices.
2. Cut the dauphinoise with a ring cutter and place in the centre of the plate, place the lamb on top, then three meatballs on top of this. Place the purée around the dish to serve.



ingredients

serves 4

LAMB

1 breast of lamb, deboned and flattened

Seasoning

75g fresh spinach

Grated zest of ½ lemon

1 garlic clove, sliced

2 tbsp finely chopped rosemary leaves

PEARL BARLEY, SHALLOT & CAPER STUFFING

75g pearl barley

2 shallots, chopped

15g butter

1 tbsp salted capers, rinsed and drained

Seasoning

1 egg, beaten

BUTTERNUT SQUASH & GARLIC PURÉE

500g butternut squash, diced

2 garlic cloves, sliced

Salt

Freshly ground black pepper

30g butter

LAMB & ORANGE MEATBALLS

1 shallot, finely diced

300g lean lamb mince

Zest and juice of ½ orange

Small handful of fresh rosemary, finely chopped

1 egg, beaten

Salt

Freshly ground black pepper

Olive oil, for frying

CELERIAC & DAUPHINOISE POTATOES

1kg Maris Piper potatoes, peeled and thinly sliced

1 celeriac, thinly sliced

Salt

Freshly ground black pepper

3 garlic cloves, crushed

450ml double cream

Grated nutmeg



Lamb & Leek Pudding

with Pan-fried Lamb's Liver, Shallots & Rosemary Gravy

Tony Binks

Northumberland

method for the pastry

1. Mix the flour, suet and salt in a bowl. Make a well in the centre and carefully pour in the cold water. Mix together but do not over-work the pastry. Bring together into a ball and chill in the fridge for at least one hour.
2. Roll out the pastry to about 2mm thick. Cut out 4 x 18cm discs and 4 x 12cm discs.

method for the moulds

1. Grease 4 pudding moulds with lamb fat and lightly coat with the flour. Place a silicone paper disc at the base of the mould to make sure the pudding does not stick. Line with the larger disc of suet pastry.

method for the filling

1. Mix together all the filling ingredients, season and spoon into the pudding moulds.
2. Dampen the pastry ring with water. Cover each mould with a suet pastry lid. Crimp the edges of the pastry together and trim off the excess pastry. Wrap the entire pudding in cling film. Steam the pudding for 5 hours.

method for the gravy

1. Infuse the lamb gravy with chopped rosemary for about 30 minutes. Taste and adjust seasoning. Add the chopped parsley to the gravy and serve.

method for the liver

1. Dust the liver in the seasoned flour and shake off any excess. In a hot frying pan, add the oil and butter. When the butter is foaming add the liver and cook for 1 minute on each side.

method for the shallots

1. Gently melt the butter in a saucepan and sauté the shallots until translucent. Add the thyme leaves and cook for 1 minute. Season then add the sugar, wine and vinegar.
1. Cover with a buttered cartouche and cook very gently until the liquid has almost evaporated and the shallots have a deep, red glaze.

to serve

1. Serve the pudding with the liver, confit shallots and seasonal vegetables.



ingredients

serves 4

PASTRY

224g self-raising flour, sieved
112g shredded suet
½ tsp salt
7–9 tbsp cold water

MOULDS

25g melted lamb fat
1 tbsp plain flour

FILLING

750g neck of lamb, diced
80g diced leek, softened
80g diced onions, boiled
1 tbsp seasoned flour
1 tbsp finely chopped rosemary leaves
1 tbsp water

GRAVY

500ml natural lamb gravy
1 sprig of rosemary
10g chopped parsley

PAN-FRIED LIVER

400g lamb's liver, sliced
Seasoned flour, for dusting
1 tbsp vegetable oil
25g butter

CONFIT SHALLOTS

50g butter
200g shallots, chopped
5g fresh thyme leaves
Salt and freshly milled black pepper
50g caster sugar
50ml red wine
50ml red wine vinegar

Lamb



Slow-cooked Lamb

with Garlic Peas, Spring Onion & Parsley

Paul Heathcote
Lancashire

method for the lamb

1. Preheat the oven to 190°C/Gas mark 5. Using the tip of a small sharp knife make 16 small incisions in the lamb and push in the quarter pieces of garlic. Rub the paprika and the coarse salt over the lamb, drizzle over the oil and place in a large roasting pan with the thyme. Pour the water into the tray.
2. Place a sheet of baking parchment loosely over the lamb, then seal tightly with foil and bake for 1½ -2 hours.
3. After 1 hour add the red wine. Cook in the oven with the lamb for about 30 minutes to 1 hour or so. The lamb is ready when it begins to shrink from the bone. To check, fold back a corner of the foil and paper from the roasting dish and test it with a knife – it should be soft and tender.
4. Once the lamb is ready, remove the foil and paper and leave it to cool a little. Remove the flesh from the bones and either tear or slice into chunks, discarding excess fat and keep warm. Reserve the cooking juices and keep warm.

method for the garlic peas with spring onion & parsley

1. Place the vinegar, wine, shallot and garlic in a small pan and boil until only a teaspoon of the liquid remains, add the stock and boil until only a couple of dessert spoons remain, then add the mustard.
2. Add the lettuce and cream and bring back to the boil for 15 seconds or so.
3. Add the butter little by little and whisk in until a sauce is formed.
4. Season to taste, reheat the peas and add to the sauce with the chopped parsley and sliced spring onion.

to serve

1. To serve, place a portion of lamb meat on each plate with a little of the juices and a good spoonful of the peas.

ingredients

serves 6

LAMB

1 lamb shoulder
4 garlic cloves, cut into quarters lengthways
2 tsp sweet smoked paprika
2 tsp coarse sea salt
3 tbsp extra virgin olive oil
A small handful of fresh thyme sprigs
200ml boiling water
Glass red wine

GARLIC PEAS

2 tsp white wine vinegar
4 tsp white wine
1 shallot, peeled and finely chopped
1 garlic clove, crushed
150ml chicken stock
1tsp English mustard
¼ of an iceberg lettuce, finely shredded
50ml double cream
125g hard unsalted butter, diced
Salt and freshly ground white pepper
350g cooked peas
2 dsp chopped parsley
1 spring onion, finely sliced



Lamb

ingredients

serves 4

2 x 225g lamb fillets
(silverside) trimmed

2 lamb's brains, cleaned
and membrane removed

1 bay leaf

1 sprig of thyme

50g shallots, finely chopped

40g butter

400g mushrooms, finely chopped

2 tbsp breadcrumbs

1 tbsp chopped parsley

Salt and freshly milled
black pepper

300ml vegetable oil

350g puff pastry

1 egg yolk mixed with 1 tbsp
water, for egg wash

TO SERVE

Béarnaise sauce

Filet D'Agneau En Croûte

Fillet of Lamb En Croûte

Pierre Koffmann

London



method

1. Preheat the oven to 230°C/450°F/Gas mark 8.
2. First prepare the stuffing. Put the brains in a pan of cold water with the bay leaf and thyme. Bring to the boil and drain.
3. Sweat the shallots with 20g butter for 1 minute. Add the mushrooms and cook until all the water has evaporated.
4. Add the brains, breadcrumbs and parsley and mash with a fork. Season and cook in the remaining butter for 5 minutes. Place in a bowl and leave to cool.
5. Season the lamb fillets. Heat the oil until very hot and seal the lamb on all sides.
6. Cut the pastry in two. On a floured surface, roll out each piece of pastry into a rectangle large enough to wrap the meat. Spoon a quarter of the stuffing lengthways down the middle of each piece of pastry.
7. Place the lamb on top and divide the rest of the stuffing between the pastries
8. Wrap in the pastry, sealing with the egg wash. Turn the croûtes over and brush with egg wash.
9. Place on a baking sheet and bake in the hot oven for 20 minutes.

to serve

1. Slice the croûtes and serve with a Béarnaise sauce.



Roast Loin & Confit Shoulder of Lamb

Chick Peas, Green Beans, Feta, Radishes, Lovage & Lamb Jus

Andreas Antona
West Midlands



method for the shoulder of lamb

1. Put the lamb shoulder, duck fat, 2 garlic cloves and thyme in a pan and cook at 90°C for approx 5 hours or until completely tender.
2. Remove the lamb and garlic from the fat. Remove all fat and sinew from the lamb and shred the meat coarsely. Add the purée from inside the garlic cloves, 2 or 3 tbsps of the duck fat, season and mix well.
3. Press the mixture between 2 trays in cling film and chill overnight. The next day cut the slab into oblongs and reserve in the fridge.

method for the roast loin

1. Season the lamb loin. Seal all over, and vacuum pack when cool. Cook in a waterbath at 58°C for 1hr 15 minutes. Remove from the bag and keep warm.

method for the garnish

1. For the garnish, cook the chick peas with the chicken stock, carrot, onion, celery and garlic until tender. Purée about half with the lemon oil, lemon juice and some cooking liquor to give a smooth purée. Keep both the purée and the chick peas warm.
2. Place the radishes in a single layer in a shallow pan. Add enough water to barely cover, a knob of butter, pinch of salt and sugar. Bring to a simmer and cook until tender covered with a cartouche. Keep warm.
3. Cook the French beans in boiling salted water until tender then toss with the Feta, lovage and radishes.

to serve

1. In a hot pan crisp the fat side of the loin and fry the shoulder portions until nicely coloured and hot, remove the loin from the bone and cut into chunks.
2. Spoon a little purée onto each plate, place the shoulder and loin around then spoon on the vegetables. Finish with the lamb jus and a little lemon oil.

ingredients

serves 6

LAMB

- 1kg piece boneless shoulder of lamb
- 2kg duck fat
- 3 garlic cloves, unpeeled
- 2 large sprig of thyme
- 1 X 1kg loin of lamb on the bone

GARNISH

- 200g chick peas, soaked overnight
- 1L chicken stock
- 1 small carrot, peeled, halved
- 1 small onion, peeled, halved
- 1 stick celery, halved
- 1 garlic clove, whole
- 75ml lemon oil
- Juice of ½ lemon
- 8 radishes, trimmed and washed
- 50g butter
- 100g French beans, trimmed
- 75g diced Feta cheese
- 1 dsp chopped lovage

NB: You will need a temperature probe or a thermometer for this recipe.

The chick pea purée and the confit can be made in advance

Lamb



Roasted Saddle of Organic Lamb

with Celeriac Potato Cake, Aubergine Caviar, Wilted Kale, & Pea Foam

Andy Mackenzie
Hampshire

method for the celeriac potato cake

1. Bake the potatoes until just cooked, leave to cool, remove the skin and grate the potatoes into a bowl, add the celeriac and bind together with the melted butter.
2. Season and gently press the potato mix into a tray 1cm deep and big enough to cut out four 10cm x 4cm potato cakes and set in the fridge overnight.
3. On the day, sear in a hot non-stick pan with a little oil. Keep hot.

method for the aubergine caviar

1. Cut the aubergine in half and stud with slices of garlic. Drizzle with olive oil and add the thyme. Place in a tray, cover with foil and bake in a medium oven, 180°C/350°F/Gas mark 4, for 25-30 minutes.
2. Allow to cool a little, then scrape out the flesh into a food processor with the orange zest and seasoning and a little more oil. Blitz into a purée and set aside.

method for the pea foam

1. Put the peas, cream and butter in a pan. Cover and simmer gently until the peas are soft. Season then liquidise until smooth then pass through a fine strainer. Put into an espuma canister, charge up and shake. Keep warm.

method for the kale

1. Melt a knob of butter in the pan. When bubbling add the kale, wilt down gently, season then tip out on a clean kitchen towel to remove any excess liquid. Keep warm to one side.

to serve

1. Sear the lamb fat side down first then all over, place in a hot oven, 220°C/425°F/Gas mark 7, for about 15-18 minutes. Transfer onto a tray and allow to rest while you assemble the dish.
2. On the plate, place the kale then the potato cake on top, add the sliced lamb, then put a spoonful of aubergine caviar on top of the lamb. In a separate bowl squirt out some of the pea foam and spoon it around the plate and serve.



ingredients

serves 4

LAMB

1 short saddle lamb trimmed
(your butcher can do this)

CELERIAC POTATO CAKE

2 medium Desiree potatoes
½ celeriac, grated
10g melted butter

AUBERGINE CAVIAR

1 large aubergine
1 garlic clove, sliced
Olive oil
Sprig of thyme
Grated zest of 1 orange

PEA FOAM

100g peas (frozen)
150ml double cream
10g butter

KALE

10g butter
200g curly kale, destalked

Lamb



Rack & Braised Shoulder of Lamb

Ras el Hanout

Jason Atherton

London

method for the braised shoulder of lamb

1. Heat the olive oil in a large flameproof casserole. Season with salt and pepper and fry for about 2 minutes on each side until evenly browned. Remove to a plate with a slotted spoon.
2. Add more oil to the casserole and sauté the vegetables with the garlic, salt and herbs over a high heat for 3-4 minutes. Stir in the tomato purée. Cook for 2 minutes until the vegetables are golden brown, then pour in the wine, stirring to deglaze. Bring to the boil and let bubble until reduced to a sticky glaze. Add the peppercorns and pour in the stocks.
3. Return the lamb to the casserole and stir. Partially cover and simmer very gently for 2-2½ hours until the lamb is very tender. Leave it to cool in the braising liquor.

method for the spiced onion & olive sauce

1. Heat the olive oil in a saucepan until hot and add the onions with some seasoning. Cook over a medium-low heat, stirring frequently, for 6-8 minutes until they are soft.
2. Tip in the olives and sherry vinegar and increase the heat slightly. Bubble until the pan is quite dry. Stir in the ras el hanout and harissa paste and cook for another 2 minutes. Add the herb stalks, honey and lamb braising liquor. Give the mixture a stir and boil for 10 minutes. Taste and adjust the seasoning. Discard the herb stalks.

method for the rack of lamb

1. Preheat the oven to 200°C, Gas mark 6. Heat the olive oil in an ovenproof pan until hot. Season the rack and fry skin side down for 2 minutes until browned. Turn and sear the other side for 2 minutes.
2. Add the butter and as it melts and foams, spoon it over the lamb. Turn the lamb around, so that the skin is facing upwards and put the pan in the oven.
3. Roast for 15-20 minutes, depending on the thickness of the rack. The meat should be slightly springy when pressed and a skewer inserted into the thickest part should feel just warm, indicating it is cooked medium rare.
4. Cover with foil and rest for 5 minutes while you reheat the lamb shoulder, sauce and accompaniments.

method for the white onion pureé

1. Heat the olive oil in a saucepan and add the onions with some seasoning and the thyme. Cook gently, stirring occasionally for 6-8 minutes until they are beginning to soften. Pour in the cream and bring to a simmer. Cook for another 30 minutes until the onions are really soft.



continued overleaf...

ingredients

serves 4

RACK OF LAMB

1 large rack of lamb
1½ tbsp olive oil
Sea salt and black pepper
25g butter

SHOULDER OF LAMB

4 large chunks of braised lamb shoulder
2-3 tbsp olive oil
Sea salt and black pepper
1 onion, peeled and cut into 1cm dice
2 celery sticks, trimmed and cut into 1cm dice
2 carrots, peeled and cut into 1cm dice
1 leek, trimmed and chopped
1 garlic bulb, halved horizontally
Pinch of rock salt
1 bay leaf
200ml wine
5 peppercorns
2 tbsp tomato purée

SPICED ONION & OLIVE SAUCE

2 tbsp olive oil
10 baby onions, peeled and thinly sliced
12 black olives, pitted and thinly sliced
2 tbsp sherry vinegar
½ tsp ras el hanout (Moroccan spice mix)
4 tsp harissa paste
Few coriander stalks
1 rounded tbsp honey
250ml liquor from the braised lamb shoulder

Lamb

continued overleaf...

ingredients continued

WHITE ONION PURÉE

- 1 tbsp olive oil
- 2 large onions, peeled and chopped
- Sea salt and black pepper
- 1 sprig of thyme
- 300ml double cream

CONFIT BABY LEEKS

- 8 baby leeks, trimmed
- Sea salt and black pepper
- 200ml melted duck or goose fat

DEEP-FRIED ONION RINGS

- 1 onion, peeled and sliced into rings
- 200ml whole milk
- 3-4 tbsp plain flour
- Sea salt and black pepper
- Groundnut or vegetable oil, for deep-frying

BRAISED BABY ONIONS

- 1 tbs olive oil
- 30g butter
- 20 baby pearl onions, peeled
- 1 tsp caster sugar
- 100-200ml chicken stock



method for the white onion purée continued

2. Discard the thyme sprig. Drain the onions, reserving the cream and put them into a blender or food processor with 1 tbsp of the reserved cream. Whizz to a fine purée then pass through a sieve into a small pan. Return to the heat and cook until the purée is thickened and reduced by two-thirds. Taste and adjust the seasoning.

method for the confit baby leeks

1. Put the leeks in a small saucepan with a little seasoning. Cover with melted duck fat and place the pan over a very low heat. Slowly cook for 8-10 minutes until the leeks are tender when pierced with a skewer. Remove and drain well before serving.

method for the braised baby onions

1. Heat a small pan with the olive oil and butter. Add the onions and fry for 4-5 minutes until golden brown. Add the sugar, toss well and cook for a couple more minutes until the sugar has caramelised.
2. Carefully strain off the excess butter from the pan and add the chicken stock. Increase the heat and boil until the stock has reduced to a syrupy glaze. Pierce the onions with a metal skewer to check that they are tender. If not, add more stock to the pan and boil again until reduced to a glaze.

method for the deep fried onion rings

1. Soak the onion in the milk for 30 seconds and drain well. Heat the oil in a deep fat fryer or a deep, heavy pan to 170°C. Toss the onion rings in the seasoned flour to coat and shake off excess. Deep-fry in the hot oil until golden and crisp, drain on a tray lined with kitchen paper and sprinkle lightly with salt. Keep warm in a low oven.

to serve

1. Carve the lamb rack into portions and rest each piece on a chunk of braised lamb shoulder.
2. Place a spoonful of onion purée on the side and top with a few crispy onion rings. Put a couple of braised baby onions alongside, add a leek and spoon over the sauce. Serve at once.

Acknowledgements

EBLEX would like to thank the chefs who have contributed such wonderful beef and lamb recipes to this book: Andreas Antona, Jason Atherton, Tony Binks, Paul Heathcote, Jenny Jones, Pierre Koffmann, Terry Laybourne, Steve Love, Andy Mackenzie, Andrew Nutter and Steve Titman.

Special thanks also to Rob Whitrow & Moz Bulbeck for all the beautiful photography in this book.

Sam Bailey

Finally we would like to pay tribute to photographer Sam Bailey who was tragically killed in an accident earlier this year. Sam photographed many of the dishes in 'Glorious!', the forerunner to 'Passion!', and was due to have worked with us on this book. Sam's empathy with busy chefs was unique and he captured wonderful images with pots and pans flying around him.





£25.00

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PASSION!



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