

CORNER BEEF

EQUIPMENT

LARGE CASSEROLE DISH, SMALL SAUCE PAN, WHISK, CHEF KNIFE,
WOODEN SPOON, SMALL MIXING BOWL, SCALES, FORK

INGREDIENTS

2-3KG PIECE CORNER SILVERSIDE, 100GM BROWN SUGAR, 100GM WHITE WINE VINEGAR, 3-4LT COLD WATER, 2 LARGE CARROTS,
1 BROWN ONION, 1 BUNCH DUTCH CARROTS, 10 BABY POTATOES, 8 KALETTES (BABY KALE), 3 BAY LEAVES,
6 WHOLE CLOVES, 20 BLACK PEPPERCORNS, 50GM BUTTER, 50GM PLAIN FLOUR, 500GM MILK,
20GM SEEDED MUSTARD, 20GM DIJON MUSTARD, 20GM HOT ENGLISH MUSTARD, SALT AND PEPPER

METHOD

PLACE THE BEEF IN A LARGE CASSEROLE DISH, CUT THE LARGE CARROTS IN HALF AND PLACE IN THE POT ALONG WITH THE PEPPERCORNS. PEEL THE ONION AND LAY THE BAY LEAF OVER THE SIDE OF THE ONION AND SECURE THE LEAF TO THE ONION BY INSERTING CLOVES THROUGH THE BAY INTO THE ONION. ADD THIS TO THE POT ALSO.

ADD THE SUGAR, VINEGAR AND A GENEROUS AMOUNT OF SEASONING AND FILL THE POT WITH COLD WATER, PLACE THE POT ON THE STOVE OVER A HIGH HEAT AND BRING UP TO THE BOIL

ONCE BOILED REMOVE FROM THE STOVE AND PLACE IN A PRE-HEATED OVEN STEAM SETTING 90 DEGREES FOR 2.5 HOURS

WHILE THE BEEF COOKS PREPARE THE SAUCE BY PLACING THE BUTTER INTO A MEDIUM SIZE SAUCEPAN OVER MEDIUM HEAT UNTIL MELTED, ONCE MELTED ADD THE FLOUR AND MIX WELL WITH A WOODEN SPOON AND COOK THE FLOUR OUT FOR A FURTHER 2 MINS

WITH THE POT STILL OVER THE HEAT ADD THE MILK APPROX 100GM AT A TIME, WHISK WELL AFTER EACH ADDITION AND IF NECESSARY TURN THE HEAT DOWN SLIGHTLY, CONTINUE WHISKING THE ENTIRE TIME TO ENSURE YOU GET A SMOOTH SAUCE, ONCE ALL THE MILK HAS BEEN ADDED SLOWLY BRING TO THE BOIL WHISKING ALL THE TIME, THE CONSISTENCY SHOULD BE THAT OF THICK CREAM

REMOVE THE SAUCE FROM THE HEAT AND SEASON WELL WITH SALT AND WHITE PEPPER AND ADD THE MUSTARDS AND WHISK TILL COMBINED, CHECK THE SEASONING AND SHARPNESS AND COVER WITH CLING-FILM AND SET ASIDE

TO PREPARE THE VEGETABLES PRICK THE POTATOES WITH A FORK AND PLACE ON A PERFORATED TRAY AND WHEN THE TIMER HAS 50 MINS LEFT ADD THE POTATOES, TURN THE OVEN UP TO 100 DEGREES, STEAM MODE

WHEN THE TIMER HAS 12 MINS LEFT REMOVE THE POTATOES AND ADD THE CARROTS TO THE SAME TRAY, WHEN THE TIMER GOES OFF REMOVE THE CORNER BEEF AND VEGETABLE TRAY AND ADD THE KALETTES RETURN TO THE OVEN FOR A FURTHER 5 MINS

PLACE THE SAUCE OVER A LOW HEAT AND WARM THROUGH

REMOVE THE CORNER BEEF AND SLICE THE REQUIRED AMOUNT

ADD THE VEGETABLES TO A MIXING BOWL AND DRESS WITH OLIVE OIL AND SALT, WE ADDED SOME FRESH SNOW PEA SHOOTS TO OUR VEGETABLES

PLATE UP A PORTION OF VEGETABLES AND LAY OVER SLICES OF CORNER BEEF AND SERVE THE SAUCE EITHER ON THE SIDE OR OVER THE ENTIRE DISH

(CONT'D)

HINTS & TIPS

- TO KEEP THE COOKED CORNED BEEF PLACE IT IN IT'S COOKING LIQUID IN THE REFRIGERATOR. WHEN RE-HEATING HEAT THE ENTIRE POT ON THE STOVE TOP AND BRING TO A ROLLING BOIL
- FINE SLICES OF COLD CORNED BEEF ARE GREAT FOR SANDWICHES THE FOLLOWING DAY
- CORNED BEEF CAN BE KEPT IN THE FRIDGE FOR UP TO 4 DAYS