

BEEF SHORT RIB, CORN PUREE AND BRAISED RED CABBAGE

EQUIPMENT

CHEF'S KNIFE, SOLID AND PERFORATED BAKING TRAYS, FOIL, ZIP LOCK BAGS, BLENDER, SPOONS,
FINE MESH SIEVE, MIXING BOWLS, CLING FILM, FRYPAN, TONGS

INGREDIENTS

2 SHORT CUT BEEF RIBS, 2 COBS CORN, ¼ RED CABBAGE, 2 SHALLOTS, 2 STAR ANISE, 3 BAY LEAVES,
4 SPRIGS THYME, 20GM MUSCAVADO SUGAR, 20GM RED WINE VINEGAR, 2GM SMOKED PAPRIKA,
50GM CREAM, 30GM BUTTER, EXTRA VIRGIN OLIVE OIL, SALT FLAKES

METHOD

REMOVE THE CORE FROM THE CABBAGE AND FINELY SHRED THE CABBAGE AND PLACE IT IN A MALL SOLID BAKING TRAY. ADD BAY LEAVES, STAR ANISE, SUGAR, VINEGAR, HALF THE THYME SPRIGS AND SLICED SHALLOTS TO THE CABBAGE. COVER THE TRAY TIGHTLY WITH FOIL AND PLACE IT IN A PRE-HEATED OVEN STEAM SETTING 100°C.

WHILE THE CABBAGE STEAMS REMOVE THE HUSK FROM CORN AND CUT AWAY THE KERNELS. PLACE THE CORN KERNELS INTO A ZIP LOCK BAG AND ADD THE CREAM. SEAL THE BAG REMOVING AS MUCH AIR AS POSSIBLE AND PLACE THE BAG ON A PERFORATED BAKING TRAY AND INTO THE OVEN WITH THE CABBAGE FOR 20 MINUTES.

SEASON THE BEEF RIBS ON BOTH SIDES WITH SALT, PEPPER AND PAPRIKA AND PLACE THE RIBS INTO ZIP LOCK BAGS WITH THE REMAINING THYME SPRIGS AND A SPLASH OF EVOO.

PLACE THE RIBS ONTO ANOTHER PERFORATED TRAY AND INTO THE OVEN WITH THE CABBAGE AND CORN FOR 2.5 HOURS.

ONCE THE CORN IS COOKED REMOVE IT FROM THE OVEN AND POUR THE CONTENTS OF THE BAG INTO THE BOWL OF A BLENDER AND BLEND ON HIGH SPEED ADDING THE BUTTER AS IT'S BLENDING. ONCE THE PUREE IS BLENDED PASS IT THROUGH A FINE MESH SIEVE INTO A SMALL MIXING BOWL. ADJUST THE SEASONING AND SET THE CORN PUREE ASIDE.

ONCE THE CABBAGE AND RIBS ARE DONE REMOVE BOTH TRAYS FROM THE OVEN AND PLACE THE CORN PURR IN THE OVEN TO WARM. PLACE A FRYPAN ON THE STOVE AND ONCE HOT PAN FRY THE RIBS SKIN SIDE DOWN UNTIL GOLDEN AND CRISP.

STRAIN ANY JUICES FROM THE CABBAGE AND SET ASIDE.

ONCE THE CORN PUREE IS WARM SPOON SOME PUREE ONTO THE PLATE WITH CABBAGE, PLACE THE RIBS ON TOP OF THE CABBAGE AND SERVE WITH SOME FRESH HERBS.

HINTS & TIPS

- STEAMING IN ZIP LOCK BAGS HELP KEEP THE FLAVOURS IN, SO AS THE PROTEIN COOKS IT COOKS IN IT'S OWN JUICES THEREFORE ENHANCING THE FLAVOUR.
- BRAISING CABBAGE IS AN EXCELLENT WAY TO USE A CHEAP VEGETABLE, TRY BRAISING SAVOY CABBAGE IN BUTTER FOR A RICH SIDE DISH.