



EYCKZIMMER

Braised beef with oyster fritter Truffled potato puree and wilted baby gem

Ingredients (SERVES 4)

4 No beef braising steaks from the blade (200g each)
40g flour, plain
80ml olive oil
30g butter
20g tomato paste
300ml red wine
1litre Brown veal stock
1 No carrot
1 No onion
1 No celery stick
2 No cloves garlic
1 No bay leaf
1 sprig of thyme
20 leaves of baby gem
100ml vegetable stock
4 No rock oysters
1 No egg beaten
100g bread crumbs
Vegetable oil for deep frying

Method

- cut up the vegetables into dice and add the bay leaf, thyme add crushed garlic cloves and pour on the red wine now marinade the braising steaks for 12 hours
- take the steaks out of the marinade, straining the liquid and reserving the vegetables
- season the steaks with salt and pepper and dust them with flour
- fry them off in a hot pan with some oil golden brown on both sides then take them out and set aside
- now fry off the vegetables and herbs from the marinade until nicely golden brown adding the butter half way through
- deglaze with half of the red wine and reduce completely then repeat this process 2 more times to achieve a deep colour
- add the steak back into the pan and pour on the dissolved Veal stock, cover the pan with a lid and braise in the oven at 160°C until tender approx 1 hour 20 minutes depending on the quality of beef
- once the beef is tender take out of the braising stock and reduce it to the desired flavour and texture, it should be rich in flavour and deep brown in colour
- for the wilted baby gem leaves add some olive oil into a pan and then add the separated baby gem leaves quickly tossing them and add the vegetable stock to glaze the baby gem leaves beautifully they should still have a little crunch when biting into them
- for the oyster fritter roll the shucked first in flour then in the beaten egg and then in the bread crumbs
- deep-fry them in 180°C until crispy and golden, drain excess fat on a paper towel
- serve with truffled potato puree and the crispy fried oyster fritter