



braising steak

slow cook



for best results, slow cook this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

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cooking time from: 2½ hours

method

Pre heat your oven to 150°C / 130°C fan-assisted (gas 2).

Remove your meat from the packaging & pat dry before cooking.

Make a Mirepoix by neatly chopping equal amounts of onion, carrot and celery or my preferred choice of celeriac, the root of the celery plus a bay leaf & a sprig of thyme.

Season the meat with sea salt & cracked black pepper before searing in a little beef dripping or rapeseed oil in a casserole dish over high heat until brown then keep to one side.

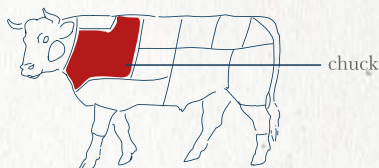
Next fry the Mirepoix until lightly coloured, add half a bottle of red wine, or a favorite local ale and reduce by two thirds then add 300ml of beef stock, 1 tablespoon tomato paste (optional) and reduce a little, thicken with a tablespoon corn flour mixed with a little cold water and stirred into the boiling broth then add the meat to the casserole (for additional flavour add a few drops Worcester sauce & a teaspoon of English mustard).

Cover & place in the centre of the oven and cook for 2½ to 3 hours, the meat should be tender when pierced with a skewer.

Remove from oven & pass off the juices through a fine sieve into a clean saucepan and reduce to rich, glossy gravy then pour back over the meat ready to serve.

serving suggestions

Serve with mustard mash & seasonal brassicas.



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