

COFFEE GLAZED SHORT RIB OF BEEF WITH CREAMED POTATO AND ROASTED CARROTS

🕒 30
preparation

👤 Difficult



HOW TO MAKE THIS RECIPE?

FOR THE ONION KETCHUP To make the onion ketchup place the oil into a large pan and set it over a high heat

MATERIALS

RECOMMENDED NESPRESSO COFFEES



INGREDIENTS

1 Rack Of Beef Short Ribs
(Ask Butcher To Cut Down
The Middle To Give Bones
Approximately 12cm Long_);
5 Lungo Servings Of Fortissio
Lungo; 1 Chili _ Cut Into
Slices; 2 Garlic Cloves _
Smashed With A Heavy Knife;
200ml Maple Syrup; 200g
Ginger _ Finely Grated And
Juice Squeezed Out In Muslin
(l_e_ Juice Only)

ONION KETCHUP: 5 Spanish
Onions, Peeled And Very
Finely Sliced; 150ml Light Soy
Sauce; 200ml Runny Honey;
100ml Cabernet Sauvignon
Vinegar; 50ml Vegetable Oil
10 Medium Organic Carrots,
Peeled And Cut In Half

- Add the onions, a generous pinch of salt and cook, stirring frequently until the onions are caramelised, soft and golden
- Add the soy, vinegar and honey and cook until completely evaporated leaving a rich dark brown sticky mass in the pan
- Transfer this to a blender and blend to a smooth rich puree
- Transfer to a bowl, cover with cling film and set aside
- **FOR THE RIBS** Mix all of the ingredients except the ribs and whisk to thoroughly combine
- Place the ribs into a medium baking tray, pour over the marinade, thoroughly coat the ribs and set aside to marinate for 5 hours
- Lift the ribs out of the marinade, reserving any that remains in the tray and wrap the ribs carefully in foil
- Place in an oven preheated to 100°C and cook for 8 hours at which point the meat should fall away from the bone
- Meanwhile place 10 large baking potatoes in to bake in an oven at 180°C for 90 minutes
- Remove from the oven, cut the potatoes in half, push the potato flesh through a fine drum sieve or potato ricer and beat in enough butter and milk to yield a rich, smooth creamed potato
- Set aside until required
- Place the carrots into a large roasting tray, dot some diced butter over the surface, season with salt, pepper and a sprinkling of sugar and roast in an oven preheated to 180°C for 20-25 minutes or until the carrots are golden brown all over
- Set aside warm
- **TO SERVE** Remove the ribs from the oven, open the foil, transfer them to a baking tray, tip over any leftover marinade and any juices from the pouch, and place the ribs under the grill
- Grill until all of the marinade has reduced to a sticky, dark glaze
- Serve immediately with a spoonful of creamed potato, two pieces of roasted

10 Large Baking Potatoes

Milk

Butter

carrot and residual glaze

- Grand Cru notes: Made from Central and South American Arabicas with just a hint of Robusta, Fortissio Lungo is an intense fullbodied blend with bitterness, which develops notes of dark roasted beans

INSPIRATIONS