

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

🕒 30 min.     🍳 Difficult



## 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  
10 Large Baking Potatoes  
Milk

## HOW TO MAKE !

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

- 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 25 minutes or until the carrots are golden brown all over
- Set aside warm
- TO SERVER 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 carrot and residual glaze
- Grand Cru notes: Made from Central and South American Arabicas with just a hint of

Butter

Robusta, Fortissio Lungo is an intense fullbodied blend with bitterness, which develops notes of dark roasted beans

## **INSPIRATIONS**