

## *Slow-Cooked Blade of Beef*

**Serves 6**

**Cuisine: British**

Preparation Time: 30 minutes plus refrigeration time overnight

Cooking Time: 6 Hours

### **Ingredients:**

2kg	Blade of beef, trimmed
100ml	Olive oil
50g	Unsalted butter
1	Carrot, roughly chopped
1stick	Celery, roughly chopped
1	Onion, roughly chopped
1	Leek roughly chopped
4	Garlic cloves, chopped
1can	Stout
4sprigs	Thyme
1	Bay leaf
2L	Brown chicken stock

### **Method:**

1. Preheat the oven to 110°C.
2. Heat 50ml of the olive oil on 25g of the butter in a roasting tray and lightly brown the meat all over.
3. Remove to a separate tray then add the chopped vegetables and brown them too.
4. Add the stout, herbs and stock to the vegetables and bring to the boil.
5. Place the meat into a casserole dish along with the vegetables and stock and cover with a lid. 6. Cook for 5-6 hours at 110°C (this should make the meat very tender).
7. When ready, allow it to cool a little then remove the meat, wrap it in cling film and roll it to form a cylinder and place in the fridge overnight.
8. Strain the stock and pass it through a sieve.
9. When ready to use, cut the beef cylinder into 6-8 slices, then remove the cling film.
10. Fry the blades in a little olive oil and butter until golden on one side. Turn them over so the brown side faces up and return to the casserole dish.
11. Cover with stock half-way up the meat and place in the oven at 180°C for 5 minutes, basting after 2 minutes.

**To Serve:**

Remove the beef and thicken the sauce with arrowroot as required. Place the beef on the plate, pour the sauce over and around and sprinkle spring onions on top.

**Chef's Notes:**

Do not exceed the quantities of vegetables in this recipe otherwise the meat will smell of veg, so it needs a minimalist treatment.