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2016



PARIS MADE EASY *with*
SHANNON BENNETT

VUE DE MONDE

Spiced beef cheeks

Start this recipe a day ahead to pickle the onions.

Prep time 45 mins, cook 10 hrs (plus pickling, cooling) Serves 4-6

- 3 beef cheeks (900gm)
- 2 tbsp extra-virgin olive oil
- 2 onions, coarsely chopped
- 1 tbsp cumin seeds
- 1 carrot, coarsely chopped
- 6 garlic cloves, thinly sliced
- 1 long red chilli, coarsely chopped
- 1 litre (4 cups) tomato purée or tomato passata
- 1 litre (4 cups) chicken stock
- Watercress sprigs, and golden and purple baby beetroot, thinly sliced on a mandolin, to serve

Pickled onions

- 120 gm (about 4) white pickling onions, halved crossways
- 100 gm caster sugar
- 100 ml apple cider vinegar

Pommes mousseline

- 500 gm Désirée potatoes, peeled and diced
- 250 gm butter, diced, at room temperature
- 2 tsp milk, warmed

1 For pickled onions, place onions in a heatproof bowl. Stir sugar, vinegar and 100ml water in a small saucepan over high heat to dissolve sugar, bring to the boil, then pour liquid over onions. Stand to cool, then refrigerate for 12 hours.

2 Preheat oven to 120C (see note) and trim any excess fat from beef. Heat 2 tsp oil in a large frying pan over high heat until hot, then sear beef cheeks, turning occasionally, until browned all over (5-6 minutes). Transfer beef to a large, heavy-based 4-6 litre casserole over very low heat. Add remaining oil, onion and cumin seeds to frying pan and sauté over medium heat until onion is softened (3-4 minutes). Add carrot, garlic and chilli, and

stir well to combine. Stir in tomato purée and chicken stock, season to taste, bring to a simmer and pour mixture over beef cheeks. Transfer to oven and cook beef, uncovered, until meat pulls apart easily with a spoon (8-10 hours; time depends on the size of the cheeks and your oven). Remove from oven and set aside to rest in pan juices for 10 minutes.

3 Meanwhile, for pommes mousseline, steam potato in a covered steamer over a large saucepan of boiling water until tender when pierced with a skewer (20-25 minutes). Push potatoes through a potato ricer (or coarse sieve) into a bowl, then through a drum sieve (or a regular medium-fine sieve). Add butter and milk, season generously to taste with fine sea salt and stir until very smooth.

4 Remove beef cheeks from pan, blend pan juices and vegetables with a hand-held blender to a smooth coating consistency (add about ¼ cup water to thin sauce, if necessary). Set aside ⅔ cup to serve and freeze remaining for another use.

5 Return beef and sauce to pan and return pan to oven to warm through (about 15 minutes). Break up cheeks into large pieces, serve with pommes mousseline and pickled onions, and garnish with watercress and sliced beetroot.

Note If you're using smaller beef cheeks, you may need to reduce the cooking time by 1-2 hours. At Vue de Monde, the beef is cooked at 110C, but it takes longer at this temperature in a domestic oven.

MY NOTES



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PARIS MADE EASY *with*

SHANNON BENNETT

VUE DE MONDE

Honey crème brûlée

Prep time 30 mins, cook 40 mins (plus cooling, chilling) Serves 4

- 150 gm (⅔ cup) caster sugar
- 500 ml (2 cups) pouring cream
- 1 vanilla bean, split and seeds scraped
- 120 gm egg yolks (about 7 yolks)
- 50 gm (2 tbsp) honey

1 Preheat oven to 120C and line an oven tray with baking paper. Heat sugar in a large saucepan over medium-high heat, shaking pan occasionally to heat evenly, until almost all melted (4-5 minutes). Stir to smooth any lumps and cook until deep golden brown (about 1 minute), then pour caramel onto prepared oven tray and stand to cool (20-30 minutes). Coarsely break up and process in a small blender to a fine powder. Sieve through a fine strainer (discard coarse pieces or save for another use), then immediately seal toffee sugar in a snap-lock bag to prevent it from absorbing moisture and forming clumps.

2 Whisk cream, and vanilla bean and seeds in a mixing bowl to just combine, then transfer bowl to a steamer basket, cover and steam over a large saucepan of boiling water until hot (about 2 minutes).

3 Whisk yolks and honey in a large mixing bowl until just combined. Add cream mixture, whisk gently to combine, then pass through a fine strainer. Divide mixture among four 150ml brûlée dishes (12cm diameter x 3cm deep), then transfer to a roasting pan lined with paper towels. Add boiling water to reach halfway up sides of dishes and bake until just set with a slight wobble in the centre (25-30 minutes). Set aside to cool (20-30 minutes), then refrigerate to chill (2-3 hours).

4 Sprinkle 1½-2 tbsp toffee sugar in an even layer over each custard, wipe top edges of brûlée dishes clean with a dry finger, then wave a kitchen blowtorch side to side over brûlés to melt sugar evenly, and serve.

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