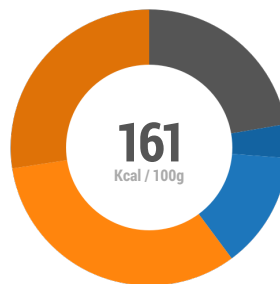


Featherblade of Beef with Dumplings

Slow cooked featherblade of beef and suet dumplings with roasted parsnip, buttered cabbage and a rich red wine sauce

By Mark Irish from Brakes

Overview ...



CALORIES:

17.6% Carbs

22.3% Protein

60.1% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MILK

Recipe Ingredients ...

	Quantity:	Description:
122807 Slow Cooked Beef Featherblade - BRAKES	210g	1x Each
128399 Aunt Bessie's 8 Vegetarian Suet Dumplings 390g - BRAKES	49g	1x Each
35607 Knorr Garde d'Or Red Wine Sauce 1L - BRAKES	100g	
74088 Unsalted Butter - BRAKES	20g	
87468 Brakes Non-Stick Fry, Cook & Bake Spray - BRAKES	5g	
10467 Savoy Cabbage - BRAKES	50g	
10343 Parsnips - BRAKES	50g	
450693 Carrots CLASS II - BRAKES	30g	
10290 Button Mushrooms - BRAKES	20g	
113881 Herb Bunched Flat Leaf Parsley - BRAKES	5g	
4796 Brakes Silverskin onions - BRAKES	35g	
116163 Pancetta Smoked Diced - BRAKES	35g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

609g / 1003kcal

1

Cooking Instructions & Notes

Preparation:

- Defrost the beef in its pouch
- Bake the dumplings and cut into chunks
- Shred the cabbage & wash
- Peel the parsnip and wrap in foil
- Peel & finely dice the carrots
- Quarter the mushrooms
- Defrost the silverskin onions
- Finely chop the parsley

Method:

1. Pre-heat the oven to 180°C
 2. Place the parsnip in the oven for about 30mins
 3. In a pan of water gently simmer the beef in its pouch for 8 mins until core temperature is reached
 4. Place the carrots in a small pan with a little butter and cook on a moderate heat for approx. 2 mins
 5. Add the cabbage, season, toss together and cook for another minute - set aside
 6. Remove the parsnip from the oven and gently caramelize on one side in oil in pan on a moderate heat
 7. Put the lardons in a small pan on a moderate heat and cook until crisp, add the mushrooms and silverskin onions
 8. Deglaze with the red wine sauce, stir well adding the parsley and dumpling chunks
 9. Spoon the cabbage and carrot mix into the centre of your chosen dish and place the beef on top
 10. Lay the parsnip to the side and spoon over and around the sauce ensuring the dumplings are well coated
- Chefs tip - if the sauce is a little thick add some of the cooking liquor from the featherblade pouch