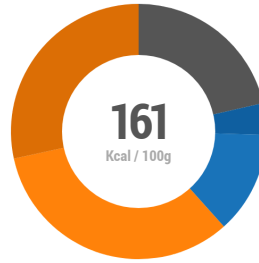


# Featherblade of Beef with Dumplings

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

OVERVIEW ...



CALORIES:

16.9% Carbs

21.4% Protein

61.6% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



MILK



SULPHITES

MAY CONTAIN:



EGGS



CELERY



MUSTARD



SOYA

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

122807 Slow Cooked Beef Featherblade.. - BRAKES

SLOW BEEF FEATHERBLADE

BRAKES **210g**

1x Each

N/A

128399 Aunt Bessie's 8 Vegetarian Suet Dumplings 390g..

VEGETARIAN SUET DUMPLINGS

BRAKES **49g**

1x Each

unchanged

74088 Unsalted Butter.. - BRAKES

BUTTER

BRAKES **20g**

unchanged

87468 Sysco Classic Non-Stick Fry, Cook & Bake Spray..

NON-STICK FRY, COOK & BAKE SPRAY

BRAKES **5g**

unchanged

10467 Savoy Cabbage..

CABBAGE

BRAKES **50g**

Sauteed/Stir-f...

10343 Parsnips..

PARSNIPS

BRAKES **50g**





Baked or roast...

450693 Carrots CLASS II (19 Oct 2023)..

CARROTS CLASS II FRESH DIRECT


BRAKES **30g**





Sauteed/Stir-f...

10290 Button Mushrooms.. MUSHROOMS	BRAKES	20g		Sauteed/Stir-f...
113881 Herb Bunched Flat Leaf Parsley (19 Oct 2023).. PARSLEY FRESH DIRECT	BRAKES	5g		N/A
4796 Sysco Classic Silverskin Onions.. SILVERSKIN ONIONS	BRAKES	35g		Sauteed/Stir-f...
116163 Pancetta Smoked Diced.. PANCETTA SMOKED DICED	BRAKES	35g		Sauteed/Stir-f...
151502 Knorr Garde D'or Red Wine Sauce.. - BRAKES  151502 RED WINE SAUCE	BRAKES	100g	0.97 x Each	unchanged

PRODUCTS / PACK SIZES ...

**1 Serving**



  
  
 609g / 999kcal  
 # 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

**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