



Beef, Carrots & Ale

Coconut mashed roots

A wonderfully rich and unctuous 'eat with a spoon' beef dish. I love using beef shin for this, it's one of my favourite cuts for 'slow, low temperature' cooking. The wonderful, naturally gelatinous meat really adds beautiful body and general oomph! You can use stewing beef and ask your butcher for a couple of bones to throw into the cooking pot for extra flavour. It is best prepared 2 days in advance to allow really good marinating time, but overnight is fine. Served with my coconut root mash, it's a total comfort treat!

Serves 4 to 6

Marinade Ingredients

1kg beef shin, skinned and cleaned, cut into 6cm chunks
2 bottles stout, (1Ltr), use a rich, dark local brand
½ sachet *Green Saffron Madras* spice blend
3 small sprigs of fresh thyme
1 head garlic, all cloves peeled

Stew Ingredients:

½ sachet *Green Saffron Madras* spice blend
2 tblsp plain flour
2 tblsp rapeseed oil for frying
200g button onions or shallots, skinned
2 sticks celery, cut into chunky batons
2 large carrots, peeled, cut into chunks
1 small to medium sized swede turnip peeled and diced into 30mm x 30mm cubes
1 tblsp red wine vinegar
Good handful curly parsley, chopped

Method:

1. Firstly, turn your oven to 170°C
2. Next, place all the Marinade Ingredients into a non-reactive bowl, cover with grease proof paper, weigh down with a plate to make sure everything is submerged, then cover with cling film and pop into your fridge. Leave for 40-48 hours to marinate. *Check it after 24 hours; gently moving the meat around then re-cover.*
3. In a small bowl, mix the flour with the remaining spice blend. Remove the meat pieces from the marinade, pat well to dry them, lightly coat with the spiced flour, pop onto a handy plate. Set aside.
4. Then take a heavy bottomed casserole pot, add the oil, place on a medium hot heat, shake the excess flour from the meat chunks, then when the oil's hot, fry the beef in a couple of batches so that each piece is nicely caramelised on each side, about 4 or 5 minutes
5. Remove the meat to a side plate, turn down the heat slightly, add the onions and celery, stir, cook for 30 seconds, then add the carrots, turnips, meat and all the marinade liquor, bring to a simmer, no more than a bubble or two, then cover with foil, pop the lid on and place onto a medium shelf of your oven for about 3 to 3½ hours
6. Remove the pot from the oven, carefully remove the celery, the meat, turnip, carrots and shallots with a slotted spoon on to a platter and skim any surplus fat from the cooking liquor
7. Put the pot back onto a high heat, reduce to about half, until the gravy is gloopy and unctuous, then add the wine vinegar, stir, then pop all the carrots, meat etc back into the sauce, sprinkle on the parsley, give it a quick stir and leave it to rest whilst you make the coconut mash!

cont...

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T: +353 (0)21 463 7960, M: +353 (0)86 833 1030, E: eatwell@greensaffron.com, W: www.greensaffron.com.
Unit 16 Nordic Enterprise, Knockgriffin, Middleton, Co Cork, Ireland



Coconut Mashed Roots

Ingredients:

3 medium potatoes, 500g for mashing, Kerrs Pinks or Queens are great
500g swede chopped into chunks
500g carrots, chopped into chunks
Sea salt for boiling
1 tin, 400ml best coconut milk
50g salted butter
2 heaped tsp black pepper corns, freshly coarse ground

Method:

1. Pop the potatoes into warm salty water, boil to soft, about 25minutes, then set aside and allow to steam-dry
2. Pop the swede and carrots into a second pan of warm salty water, boil to soft, about 35minutes, then set aside and allow to steam-dry
3. Pop the coconut milk, butter and pepper into a third pan, bring to a gentle bubble and reduce by two thirds, (leaving approx. 150ml of liquid remaining), about 35minutes
4. Combine all the ingredients together, mash to a good chunky texture and serve with the Tamil Beef stew!

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