

Miele

Beef short ribs with corn and onions

By Shannon Bennett

1 hour 30 minutes

Prep time

5 hours

Cooking time

4 Servings

Serves



INGREDIENTS

1kg Ranger Valley beef short ribs
1 teaspoon Murray River Sea Salt
2½ litres chicken stock
2 sprigs thyme
1 baby cos lettuce
100g brown butter
4 baby corn in their husks (Joenella Farm)
1 corn on the cob
30g butter
1 tablespoon finely chopped parsley
1 tablespoon finely chopped shallot

Brown butter

250g butter

Pickled onions

4 pickling onions
200ml water
120g white wine vinegar
90g sugar
40ml beer (optional)

Roast onions

2 pickling onions
1 tablespoon olive oil
¼ teaspoon Murray River Sea Salt

Crispy onion rings

2 onion, thinly sliced into 4mm rings
150ml milk
½ cup rice flour
1 teaspoon salt
1 litre sunflower oil for frying

METHOD

1. Season the beef with salt and seal in a hot Gourmet oven dish on high heat, Induction setting 8-9 until brown on both sides. Add the chicken stock and thyme and bring to the boil.
2. Select Combination Mode, select Conventional at 140°C + 4 hours + 90% moisture.
3. Check to see if cooked by trying to pull the meat away with a spoon, it should fall away easily.
4. Strain the stock and place in a medium pan on high heat, Induction setting 7-8 and cook until reduced to a glaze. You should have approximately 200ml, set aside.

Pickled onions

1. Peel pickling onions and cut onions in half horizontally. Place onions in a sterilised jar.
2. Bring the water, vinegar, sugar and beer to the boil on medium heat, Induction setting 6-7, stirring until sugar has dissolved. Pour hot pickling liquid over onions and seal jar. Set aside to cool.

Roasted onions

1. Cut pickling onions lengthwise through the middle. Heat a medium sized frypan on high heat, Induction setting 8-9, add oil and salt. Place onions in the pan, cook until coloured a deep golden brown. Remove and cool. Only use the middle layers.

Brown butter

1. Place the butter in a pan on medium-high heat, Induction setting 6-8 and cook until the solids begin to sink to the bottom and the butter turns a beautiful deep golden colour or reaches 170°C. Store in an airtight container.

Crispy onion rings

1. Blanch pickling onions by placing the rings in a solid steam tray, add the milk. Steam at 100°C for 2 minutes. Strain through a sieve and discard the milk.
2. Heat the sunflower oil in a pan until it reaches 160°C. Season the rice flour with salt. Dust onion rings in rice flour.
3. Deep fry the onion rings until just golden in colour. Set aside on paper towel to drain.

Cos lettuce

1. Keeping the lettuce whole, wash under running water and remove any large outer leaves. Pat dry with paper towel.
2. Cut the lettuce into quarters and trim the stem triangular at the base to form a neat wedge.
3. Heat a griddle pan over high heat, Induction setting 8-9. Place the cos lettuce in the pan and cook until coloured with griddle marks. Turn lettuce wedge and cook for a few minutes on the other side. Do not use any oil.

Baby corn husks

1. Place the baby corn in a perforated steam tray. Steam in their husks at 100°C for 3 minutes.

Corn

1. Using a sharp knife, cut the corn from the cob. Set the kernels aside.
2. Cook the corn kernels with the butter in a pan on medium heat, Induction setting 5-6 for 4-5 minutes. Keep warm.

To serve

1. Pre-heat oven on Fan Plus at 90°C, activate Crisp function if available.
2. Heat the reduced beef glaze in a medium frypan on medium heat, Induction setting 6-7 and add the brown butter. Heat until boiling. The mixture will split which is how it should be. Add parsley and shallots. And cook for a further 3 minutes. Keep warm.
3. Remove any large pieces of fat from the ribs. Re-heat the ribs in the oven for 10 minutes.
4. Place short rib in the middle of each plate. Place 1 wedge of cos lettuce standing up against the meat.
5. Separate pickled and roasted onion rings. Place three of each type of onion around the plate, (including crispy onion rings). Remove the outer husk from the baby corn and place one on each plate.
6. Place a spoonful of the warm corn kernels onto the plate before adding a little sauce and serving.

Hints and tips

- Brown butter and pickled onions can be made 2 days in advance. They will both keep for one week.
- Beef rib may be served on or off the bone.