



THE EBLEX COLLECTION

A TASTE OF ENGLAND



*A special edition recipe book
featuring added value beef and lamb cuts*





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slow roasted beef brisket
in a rich root vegetable casserole



Andy Picton

Head Chef, The Ratcatchers Inn,
Nr Cawston, Norfolk

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Serves: 10

Ingredients:

10 x beef brisket mini joints (approx 225-275g each)
1-2 tbsp olive oil
4 tbsp tomato purée
1½ litres beef stock
Pinch of parsley

Marinade:

175ml vegetable oil
1½ tbsp French/Dijon Mustard
400ml red wine
15 sprigs of lemon thyme, plus extra for serving
Pinch of parsley
Pinch of pepper

Vegetables:

3 carrots, peeled and chopped
2 onion, peeled and cut into wedges
6 sticks of celery, chopped
350g mushrooms, quartered
3 large cloves of garlic, chopped

To serve:

Steamed broccoli
Steamed cauliflower
Mashed potato

Method:

For the marinade: Mix all the ingredients together and add the beef. Cover and marinate refrigerated for 24 hours.

For cooking the briskets: Remove the meat from the marinade. Heat a roasting tin or large pan with a little olive oil and seal beef over high heat all over.

Add the carrots, onion, celery mushrooms, parsley and garlic. Stir in the tomato purée then add the beef stock.

Cover with tin foil and cook in the oven at 140°C/275°F/Gas Mark 1 for 4-5 hours, turning the beef and basting every hour.

To serve:

Place in a serving dish and garnish with fresh thyme.
Serve with the broccoli, cauliflower and mashed potato.





slow pot-roasted beef daubes
dressed in a light mustard and sage jus



Chris Tortice

*Chef, The Ratcatchers Inn,
Nr Cawston, Norfolk*

Serves: 10

Ingredients:

10 x 150g beef daubes
4 tbsp olive oil

Marinade:

1 red onion, chopped
15g fresh sage, chopped
100ml olive oil
375ml red wine vinegar
6 tbsp wholegrain mustard
3 tbsp mustard seeds

Daube:

15g fresh sage, finely chopped
1 red onion, chopped
750ml beef stock
50ml red wine

Method:

For the marinade: Mix all the ingredients together, add the meat, season and mix well. Put in a container, cover and marinate in the fridge for 48 hours.

For the daube: Remove the meat from the marinade, brushing off the excess. Discard marinade. Heat the oil in a large pan and seal the meat. Place into a roasting pan or baking dish with the sage, onion, stock and red wine. Season well with salt and pepper.

Place in the oven at 150°C/300°F/Gas Mark 2 and slow cook for 2½ hours. Remove beef from the baking dish. Set aside to keep warm and allow to rest. Sieve the stock to remove the onion and sage.

To serve:

To the sieved cooking broth, add the wholegrain mustard, sage, red wine vinegar and place over high heat to reduce for 15 minutes. Set aside until ready to serve.

In a pan, slowly heat mashed potato with the horseradish and butter. Line the edge of a metal ring with softened leeks, add the mashed potato and remove the ring.

Place beef daube next to the mashed potato and coat with the reduction and serve with a stack of carrots batons.

Mashed potatoes:

20 tbsp mashed potato
5 tsp horseradish
40g butter
10 strips of leek, steamed
or softened

To serve:

6 tbsp wholegrain mustard
10g fresh sage, chopped
200ml red wine vinegar
Steamed carrot batons

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slow cooked tender mini brisket joint
with a spicy red wine jus



Michael Stephen Moss
Head Chef, *The Drover's Rest*,
Rillington, North Yorkshire

Serves: 10

Ingredients:

10 x 225g mini brisket joints
4 tbsp olive oil

Cooking liquor:

300ml red wine
2 tsp cloves
2 tsp green peppercorns
2 tsp cardamom pods
2 tsp ground ginger
4 blades of mace
1 cinnamon stick
2 large onions, quartered
1½ litres beef stock

Method:

For the almond milk: Place all the ingredients in a pan and whisk well. Bring slowly to the boil and simmer for 10 minutes. Set aside and allow to cool.

For the briskets: Heat a roasting pan or large pan with oil and seal the joints. Place in a deep casserole with rest of the cooking liquor ingredients. Cover and braise in moderate oven, 170°C/350°F/ Gas Mark 4 for 3½ hours until tender.

Remove from casserole and set aside somewhere warm covered to rest. Reduce the reserved stock to about 300ml. Strain into a clean pan with 350ml of the almond milk.

Bring to boil and add sufficient rice flour to thicken to consistency of double cream. Add a few drops of red colouring for authenticity.

To serve:

Slice brisket joints into 4 pieces. Cook the cabbage with a little butter and caraway seed. Coat meat liberally with sauce and set on top of the cabbage.

Additional serving suggestions:

Roast chickpeas in olive oil, crushed garlic and seasoning. Also delicious with onion tartlets.

Almond milk:

350ml double cream
50g ground almonds
½ tsp almond essence
¼ tsp saffron
Rice flour, to thicken

To serve:

Shredded cabbage
Butter
Caraway seeds

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slow roasted Jacobs Ladder
with spring onion mash, and roasted summer vegetables



Jenny Jones
Chef Proprietor, *The Wheatsheaf*,
Romsey, Hampshire

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Serves: 10

Ingredients:

- 3 carrots, roughly diced
- 3 celery sticks, roughly diced
- 2 leeks, roughly diced
- 2 white onions, roughly diced
- 10 Jacobs Ladder, beef ribs, cut approx 12cm in length
- 50ml olive oil
- 400ml red wine
- 100g tomato purée
- 500ml beef stock
- 1 tbsp Worcestershire sauce
- Bay leaf
- Bunch of fresh thyme
- Seasoning

Spring onion mash:

- 2kg white potatoes, peeled and diced
- 200g butter
- 300ml milk
- Seasoning
- 6 spring onions

Roasted summer vegetables:

- 10 large bulbed spring onions
- 20 baby new carrots
- 20 baby new potatoes
- 50ml olive oil

Fresh chervil sprigs, or similar, to garnish

Method:

For the Jacobs Ladder: Heat the olive oil over a high heat and sauté the onions, carrots, celery and leek until soft. Place in a roasting dish. Seal the beef all over, over a high heat.

Place the beef on top of the vegetables. Deglaze the pan with red wine, reduce, add tomato purée, then beef stock, mix in the Worcestershire sauce, bay and thyme. Check seasoning. Cover and cook for three hours at 160°C.

Lift the meat on the bone out of dish. Strain the vegetables and cooking juice, and push vegetables down into the strainer to get the flavour through to stock. Place in bowl and leave to cool. Once cooled lift off the fat (keep in the refrigerator in an airtight jar and use for roasting.)

For the spring onion mash: Cook the potatoes in boiling salted water until tender. Drain and mash with the butter and milk. Season well.

For the roasted summer vegetables: Toss the prepared vegetables in the olive oil and season well. Roast at 180°C for approximately 20 minutes until just cooked.

To serve:

Reheat in the oven, approximately 180°C, until hot. Fat will crisp up. Reheat the mashed potato and stir in the spring onion.

To assemble:

Place the meat on a spoonful of creamed mash, surround with roasted vegetables and reduced stock. Garnish with fresh chervil sprigs.





shoulder noisettes of milk fed lamb on crushed peas with roasted beetroot & fennel and rosti potatoes



Jenny Jones

*Chef Proprietor, The Wheatsheaf,
Romsey, Hampshire*

Serves: 10

Ingredients:

10 x 150g shoulder noisettes of lamb
Seasoning
Bunch of orange thyme, chopped
6 garlic cloves, chopped
150ml olive oil
200g white breadcrumbs
100g Amaretti biscuits, crushed
100g ground almonds
200g butter, melted
4 tbsp olive oil

Lamb sauce:

2 litres lamb stock (made from bones)

Method:

For the lamb:

Rub the lamb all over with salt, pepper, orange thyme, garlic and olive oil and leave overnight.

Combine the breadcrumbs, amaretti, almonds and butter for the crumb. Heat the olive oil over high heat and seal the lamb noisettes all over and roll in the crumb mixture.

For the roasted beetroot and fennel: Toss the fennel in olive oil and seasoning, and roast at 180°C until lightly golden, about 20 minutes. Separately, toss the beetroot in oil and roast for 10 minutes.

For the rosti: Cook the potatoes in plenty of boiling salted water. When tender, set aside to cool. Peel the skins from the potatoes and grate. Remove the moisture from the grated potato and season. Form into 20 patties. Crush the peas with a fork.

To serve:

Roast the lamb at 180°C for approximately 18/20 mins. Set aside to rest in a warm place. Once rested cut into thick slices.

Sauté the potato rosti in the butter until golden and cooked through. Reduce the lamb stock until thickened, taste and season.

To assemble:

Place rosti on plate with thick wedges of beetroot on top, place another rosti on top of the beetroot. Put the crushed peas in a ring and place thick pieces of rested lamb on top of the peas. Put crumbs on the plate and top with roasted fennel. Drizzle reduced lamb stock around dish.

Roasted beetroot and fennel:

2 fennel bulbs, thickly sliced
12 beetroot cooked, skinned, trimmed and cut into wedges
250g garden peas, cooked
3 tbsp olive oil

Potato rosti:

10 waxy potatoes, unpeeled
100g butter

A Taste of England





slow roasted lamb breast
with rosemary and wild garlic stuffing



Ben Burdass

Head Chef, The Old Ship Inn,
Ringmer, East Sussex

Serves: 10

Ingredients:

4 lamb breasts
3 tbsp olive oil
500ml red wine
3 carrots, chopped
1 onion or leek, chopped
2 celery sticks, chopped
A handful of herb trimmings

Mashed parsnip:

16 parsnips, peeled
40g butter

Method:

For the stuffing: Chop the rosemary and add to the pan with the butter, onion and garlic. Sauté until the onion is soft. Stir in the breadcrumbs, season well and add just enough hot water to make a tight stuffing. Set aside.

For the stuffed lamb: Trim the lamb breast by removing the bones, and any large strips of fat. Arrange the lamb to make a rough rectangle (the sheets of meat may well have been separated in fat removal) ready to roll and stuff.

Divide the stuffing into 3. Arrange a third of the stuffing in a sausage shape, across the centre of the lamb. Roll up the joint firmly and tie securely with string. Repeat with remaining 2. (Each stuffed breast should serve 3-4 depending on size, roughly 8 slices).

Heat a roasting tin or large pan with some oil. Fry the lamb bones and add the joints. Seal until golden on all sides. Add the carrots, onions, celery and herb trimming and fry gently. When golden, pour in the wine and 300ml of water and bring to the boil. Cover with foil and bake in the oven for 2 hours at 150°C/300°F/Gas Mark 2 until tender. Remove the meat from the pan and allow to rest. Strain the cooking broth and return to pan. Simmer to reduce.

For the parsnip mash: While the meat is cooking, chop the parsnips and place in a pan with water. Add salt. Bring to the boil and cook until tender. Drain and mash with the butter. Check seasoning.

For the roast potatoes: While the meat is cooking, par boil the potatoes for 5 minutes and drain well. Heat the oil in a roasting tin and spread the potatoes in the tin, turning over in the oil. Roast until crispy, turning occasionally.

To serve:

Strain the reduced gravy. Serve the sliced meat on top of mashed parsnip and serve with gravy, roast potatoes and steamed purple sprouting broccoli.

Stuffing:

5 sprigs of rosemary, stalks removed
125g butter
3 onions, diced
2 bulbs of wild garlic, finely chopped
250g breadcrumbs
Approx 50ml hot water

Roast potatoes:

20 potatoes, peeled
75ml hot oil or fat

Purple sprouting broccoli,
to serve

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