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COOKING WITH ANDY

Andy McLeish



Sunday best

The chef-patron of award-winning restaurant Chapter One on his favourite family meal of the week – roast beef. Words by: Andy McLeish

I often get asked what my favourite meal is, or what I would choose to eat if it were my last. I'm a traditionalist, so it's a no brainer for me – I'd pick a roast any day of the week. However, Sundays are always a favourite in my house because the whole family gets to sit down and spend quality time together.

For a family roast I'd opt for an Irish grass-fed rib of beef on the bone. If it's dinner for two, I'd highly recommend côte de boeuf, which translates as beef rib – it's a 400-600g slice of beef from the ribeye on the bone.

I know for some preparing a roast dinner can be daunting, so a top tip that always works for me is to plan ahead and prep the night before. You can peel and par boil the roast potatoes, get all the vegetables ready and make the Yorkshire pudding batter. Cooking roast beef can be a little trickier to get right than chicken or pork, as you want to ensure it's not overcooked and still pink in the middle. Follow these tips and you won't go wrong.



1. Remove your meat from the fridge in the morning, so that it's at room temperature before it goes in the oven
2. Weigh your meat to calculate your preferred cooking time
3. I'd recommend using a meat thermometer to check the internal temperature to ensure it's cooked to your desired preference (rare 48-52°C, medium rare 55-59°C, medium 60-66°C, well done 67-71°C)
4. Once cooked, let the meat rest before carving (10-20 mins)
5. Placing your joint on roughly chopped onions and carrots makes a tasty gravy, as the vegetables caramelize with the meat juices.♦

RECIPE: Irish côte de boeuf

Serves 6

INGREDIENTS

- 2 400-500g Irish côte de boeuf
- 2 celeriac
- 200g small girolle mushrooms
- 200g smoked butter
- 200ml double cream
- 100g breadcrumbs

1 oxtail cut into pieces
1 carrot (roughly chopped)
1 onion (roughly chopped)
A sprig of thyme
1 bulb of garlic (cut in half)
1 tspn tomato purée
1/2 bottle red wine
1 litre brown chicken stock

METHOD

Braise the oxtail in advance. Place a large, heavy bottomed pan on the heat, add the roughly chopped carrot, onion, garlic and thyme. Slowly caramelize the vegetables until golden

brown and tender. In a sauté pan season and colour the oxtail until golden brown. Place the oxtail pieces in the pan of caramelised vegetables. Add the tomato purée, red wine and then the chicken stock. Bring to the boil. Place a piece of baking parchment on top and cover with a tight-fitting lid and put in a pre-heated oven at 120 degrees for 4-5 hours until the oxtail is tender. Remove the oxtail from the liquid. Strain the liquid and skim off the excess fat. Place the liquid back on the stove and reduce until a sauce consistency is achieved. Remember to constantly skim off the fat.

Separately pick through the oxtail meat, removing it all off the bone and cartilage. Once the oxtail is picked and bone free, set aside.

Add a little of the oxtail sauce to the meat, season

and mix together. Ball the mix equally into six pieces (the size of a golf ball), then chill the balls in the fridge overnight. Once chilled, you need to cover the oxtail in breadcrumbs by dusting the balls in flour then through an egg wash and finally rolling in the breadcrumbs. Place the oxtail back in the fridge until you are ready for frying. Save a little of the oxtail sauce back to finish the dish on the day.

CELERIAC PURÉE

Peel one celeriac, cut it into small pieces. Place the cream into a pan and add the celeriac pieces. Slowly bring to the boil and cook until tender. Remove the celeriac from the pan and blend in a blender until smooth. While blending, add the

smoked butter a little at a time. Season and pass through a chinois.

SALT-BAKED CELERIAC

- 1 celeriac
- 550g plain flour
- 500g egg white
- 550g salt

Make a paste from the flour, egg white, and salt. The consistency should be like a wet pastry. Cover the whole celeriac in the salt paste, bake at 180°C for 2 hours. Remove from oven and allow to cool. Crack open the crust and remove the celeriac, then peel the with a knife to expose the soft white flesh inside. Discard all peelings and the salt crust. Place the flesh in a bowl, add a little melted butter and crush with a fork. Keep in a container until needed.

TO COOK & SERVE

Place the côte de boeuf in a vacuum pack bag and seal. Cook the beef in a water bath for 1 hour at 57°C. Remove from bag, season with salt and pepper. Grill the beef until caramelised on both sides for 4-5 mins. Remove from the grill and allow to rest. Warm the celeriac purée and the salt baked celeriac separately.

Deep fry the oxtail balls until golden brown. Sauté the mushrooms in a pan with a little butter.

To assemble, place a small amount of salt baked celeriac in a ring with the oxtail ball on top and a spoonful of celeriac purée. Cut the beef into six pieces, place on the plate with mushrooms over each. Drizzle a little of the leftover oxtail sauce over the top. Serve.

NEXT MONTH

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