

# The LODGE

DOONBEG GOLF CLUB

## **Recipe Title: Braised Blade of Beef**

### **Ingredients:**

1.5-2kg Blade of Beef  
125ml Olive Oil  
60g Unsalted Butter  
1 Carrot, chopped  
1 Onion, chopped  
1 Leek, washed and cut into 4 pieces  
4 cloves of Garlic, chopped  
300mls of Stout  
3 sprigs of Thyme  
2 Bay leaves  
2.5 litres of Brown Veal or Brown Beef Stock

### **Method**

**Preheat your oven to 145oC.**

**Remove any skin or fat surrounding the blade of Beef. Heat 80mls of the olive oil in a large frying pan and add 30g of the butter. Sear the meat in the hot oil and butter on all sides until a nice golden brown, then transfer to a tray. Add the chopped vegetables to the same pan and cook until caramelized. Pour in the stout and deglaze the pan of all the sediment. Add the stock and the herbs and bring to the boil. Place the mix into a casserole dish big enough to hold all the ingredients. Add the blade of beef and cover. Place in the preheated oven for 4 ½ to 5 hours, until the meat is very tender.**

**Allow the beef to cool a little and then remove from the casserole dish while it is still warm to touch. Drain the meat and then roll tightly in cling film to form a long cylinder. Place in the fridge overnight to set its shape. Strain the sauce through a fine sieve and reduce to a sauce consistency and cool till needed.**

**After the beef has been in the fridge overnight cut into 6 or 8 steak like pieces. Remove from the cling film and fry in the remaining oil and butter on 2 sides. Heat some of your sauce in a pot and place the beef pieces into it so that the sauce comes half way up the sides of the beef. Place in a preheated oven at 180oC and heat the meat through. Make sure you baste the meat as it is reheating in order to glaze the top to a shiny consistency. Once hot it is ready to serve.**

**It is ideally served with some creamy mash, roasted shallots and fried small pieces of smoked bacon. Use the reduced cooking liquid as the sauce for the dish. A real winter warmer.**