

Braised beef shoulder with celeriac & quinoa

Total time **330 mins** 90 mins preparation time 240 mins cooking time

INGREDIENTS

10 portion(s)

For the beef shoulder:

3.5 kg	beef shoulder joint
120 ml	vegetable oil
500 g	shallots, peeled and roughly chopped
500 g	mushrooms, halved
500 g	carrots, roughly chopped
15 g	garlic
50 g	tomato purée
500 ml	red wine
200 ml	red port wine
2 litre	beef stock
200 ml	<u>Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce</u>
15 g	cornflour

For the celeriac purée:

700 g	celeriac, peeled and roughly diced
	Salt

70 g	butter
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For the celeriac salad:

500 g	celeriac, peeled
40 ml	white balsamic vinegar
30 g	Dijon mustard
60 ml	olive oil
30 ml	runny honey
	Salt
	Pepper
80 g	green shiso cress, washed, plucked
20 g	sunflower seeds, roasted

For the quinoa:

100 g	shallots, finely diced
50 g	butter

PREPARATION

Step 1

Preheat the oven to 160 °C. Heat the vegetable oil in a casserole and sear the beef shoulder joint on all sides for 5–10 minutes. Remove the meat, then brown the shallots, mushrooms, carrots and garlic thoroughly for another 5–10 minutes. Stir in the tomato purée and cook for a further 1–2 minutes. Deglaze with the red wine and red port wine, reduce slightly, then top up with the beef stock. Return the beef to the casserole, cover and braise for about 4 hours, turning every 30 minutes.

Step 2

Meanwhile, cook the celeriac for the purée in plenty of salted boiling water for about 20 minutes until very soft. Drain well, then blend with the butter to a smooth, white purée.

Step 3

For the salad, cut the celeriac into long strands using a julienne peeler. Whisk the white balsamic vinegar, Dijon mustard, olive oil and runny honey into a vinaigrette, then season with salt and pepper. Toss with the celeriac strands and leave to marinate for at least 1 hour. Form into small nests, set aside until serving, then garnish with the shiso cress and roasted sunflower seeds.

Step 4

Sweat the shallots for the quinoa in butter over a medium heat for 1–2 minutes. Add the mixed quinoa and continue sweating for another 1–2 minutes. Pour in the vegetable stock and cook

200 g	mixed quinoa
500 ml	vegetable stock
50 ml	lemon juice
	Salt
	Pepper
10 g	chives, finely sliced

gently until tender. Season with lemon juice, salt and pepper, then fold in the chives.

Step 5

Remove the beef from the sauce and portion it. Pass the sauce through a fine sieve and season with the Kikkoman Gluten free Soy Sauce. Mix the cornflour with a little water, stir into the sauce and bring to the boil to thicken.

Step 6

To serve, reheat the beef portions in the sauce and warm the quinoa and celeriac purée separately. Arrange the beef on plates, top with the salad nests and serve with the quinoa and celeriac purée.