



Braised Beef Ribs in Guava Juice with Mashed Potatoes and Glazed Vegetables

Main Course, Serves 8

30 ml/2 tbsp. olive oil
 2 kg./4 1/2 lbs. beef ribs, cut into sections
 Salt and pepper to taste
 500 ml./2 cups veal stock
 200 ml./7/8 cup barbecue sauce
 200 ml./7/8 cup guava juice
 1 star anise pod
 300 g./3/4 lb. scrubbed potatoes
 8 cloves garlic
 100 ml./7 tbsp. heavy cream, or as needed
 100 g./7 tbsp. unsalted butter
 200 g./3/4 lb. young beets, roasted, peeled and quartered
 150 g./5 oz. tender leek, sliced and blanched
 100 g./3 1/2 oz. spring onions without tops, halved and blanched
 16 baby carrots, blanched
 16 cherry tomatoes, halved, or other seasonal vegetable
 Sprig tarragon
 2 g./2 tsp. cow parsley (wild chervil) or other herbs
 Chopped herb of choice for garnish

- Heat the oil in a large pot over medium-high heat. Season the ribs with salt and pepper, add to the pot, and cook until well browned on all sides. Remove from the pot and set aside.
- Add the veal stock, barbecue sauce, guava juice and star anise to the pot and bring to a boil, scraping up any browned bits from the bottom of the pot. Return the ribs to the pot, cover, and simmer gently until the meat is very tender, about 3 hours. Remove the ribs and set aside. Return the pot with the braising liquid still in it to the heat and simmer, uncovered, until the liquid is reduced and slightly thickened. Strain, season to taste with salt and pepper and set aside.
- Place the potatoes and garlic in a saucepan and add water to cover by 2 1/2 centimetres/1 inch. Boil until the potatoes are very tender. Drain the garlic and potatoes and cool slightly. Peel the potatoes and mash them with the garlic until smooth. Add the cream, half of the butter and salt to taste. Keep warm.
- Melt the remaining butter in a large skillet. Add the beets, leek and spring onions and cook until lightly browned and glazed. Stir in the carrots and tomatoes or other vegetables and the tarragon and cow parsley and cook until heated through. Season with salt and pepper.

To Serve:

- Reheat the ribs in the sauce if necessary. Place a rib on each serving plate, surround with vegetables, and drizzle with some of the sauce. Garnish with chopped herbs and serve with the potatoes and any extra sauce on the side.

Pan-Roasted Foie Gras, Summer Style

Appetiser, Serves 8

Sauce:

90 g./3/4 cup raisins
 235 ml./1 cup apple-cider vinegar
 120 ml./1/2 cup orange juice
 350 ml./1 1/2 cups water
 350 ml./1 1/2 cups veal stock
 1 cinnamon stick

Vegetables:

45 g./3 tbsp. salted butter or rendered fat from foie gras
 100 g./1 cup sliced shallots
 Handful of trimmed, blanched snow peas
 24 green seedless grapes
 60 ml./1/4 cup semi-dry white wine
 Orange or lemon zest to taste
 Salt and pepper to taste

Foie Gras:

8 thick slices fresh foie gras
 Salt and cracked black pepper

To Serve:

Roasted fruit of choice
 16 slices toasted baguette

For the Sauce:

- Combine the raisins, vinegar, orange juice and water in a heavy saucepan. Bring to a boil and cook, stirring occasionally, until the liquid is reduced and begins to caramelize. Add the veal stock and cinnamon stick, and continue to cook until most of the liquid has again evaporated and the mixture is very thick. Strain and set aside.

For the Vegetables:

- Melt half the butter in a medium skillet over medium heat and cook the shallots until browned. Add the peas and cook until heated through. Set aside and keep warm.
- Melt the remaining butter over medium-high heat, in the skillet the shallots cooked in. Add the grapes and cook until seared. Add the wine and zest, and cook until most of the liquid has evaporated. Season with salt and pepper to taste.

For Foie Gras:

- Season the slices of foie gras on both sides with salt and pepper. Heat a very large, heavy skillet over medium-high heat until very hot (do not add any oil or fat). Add the slices of foie gras and cook, turning once, until very browned, and cooked to about medium.

To Serve:

- Place the vegetables and roasted fruit on plates. Top with foie gras and surround with sauce. Serve with toasted baguette on the side.



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