

# BRAISED DORSET BEEF CHEEKS, PARMESAN ARANCINI, PEA & SPINACH PUREE Makes 8

## INGREDIENTS - PARMESAN ARANCINI

1 Onion, chopped  
100g Parmesan  
30g Unsalted Butter  
Olive Oil  
250g Risotto Rice  
1 Pinch of Saffron  
125ml White Wine

1L Hot Vegetable Stock  
1L Vegetable Oil, for frying  
15g Fresh Oregano  
150g Plain Flour  
3 Large Free-Range Eggs  
300g Fine Dried Breadcrumbs

## METHOD

1. Place the butter in a pan over a low heat with a drizzle of olive oil, add the onions and cook for 15 mins, or until soft but not coloured.
2. Turn the heat up, pour in the risotto rice and stir for a few minutes, to ensure every grain is coated, then add the saffron and stir well.
3. Pour in the wine and let it bubble away for a couple of minutes, stirring regularly. Start ladling in the stock bit by bit, stirring it through the rice and allowing each ladleful to become absorbed before adding the next. Continue until the rice is cooked through for about 15 to 20 minutes.
4. Stir in the grated Parmesan & oregano, then leave to cool. Season to taste with sea salt and black pepper.
5. To form the Arancini, scoop a portion of the cooled risotto into your hand and roll into large ball shapes and chill in fridge. Place the flour, beaten eggs and breadcrumbs into separate shallow bowls. Carefully dip each Arancini ball into the flour, shaking off any excess, then the egg, and finally the crumbs, ensuring the rice is completely coated. Set aside.
6. Pre heat the oil to 175°C - carefully lower in the Arancini with a slotted spoon, and deep-fry for 8 minutes, or until golden and crispy. Transfer to a double layer of kitchen paper to drain.





## INGREDIENTS

### PEA & SPINACH PUREE

200g Frozen Peas  
100ml Water  
20g Butter  
Large handful of Spinach  
Salt & Pepper

### BRAISED BEEF CHEEKS

2 Beef Cheeks  
4 Shallots, peeled and sliced  
2 Garlic Cloves, peeled & chopped  
40g Unsalted Butter  
 $\frac{1}{2}$  bunch of Fresh Thyme  
150ml quality Red Wine  
300ml Beef Stock

## METHOD

### PEA & SPINACH PUREE

1. Put the peas, water and butter into a saucepan with good pinch of salt and pepper and bring to the boil.
2. Boil for 1 min then transfer to a blender with the spinach and blitz.

### BRAISED BEEF CHEEKS

1. Preheat the oven to 140°C. Remove the sinew from the beef cheeks and cut into 8 equal size pieces. Place the butter in a medium oven proof casserole dish over a medium heat. Sear the meat all over, until browned on all sides, then leave to one side.
3. Add the shallots and fry for 5 mins, or until slightly browned. Stir in the garlic and thyme leaves. Fry for a couple of minutes, then return the beef cheeks to the pan and pour in the red wine.
4. Bring to the boil, cook the wine for around 5 mins, until reduced by half. Pour in enough beef stock to cover, and turn up the heat. Bring to the boil, season, then reduce the heat to the lowest. Cover with a tight layer of tinfoil and a lid, then place the pan in the oven and slowly braise for 4 hours, or until incredibly tender.
5. Remove the cheeks from the casserole dish, then place the dish over a high heat. Cook rapidly until the sauce thickens.
6. To plate spoon the puree on to the base of the plate and top with the crisp Arancini & beef cheek, finish with some of the beef cheek sauce & fresh Dorset watercress.