

Braised shoulder of beef in Manzanilla sherry sauce and Jerusalem artichokes.

This is a very rich and warming dish perfect for the coming winter months. We use a cut called feather blade, which is situated above the shoulder. This cut is ideally suited to a long slow braise as it has a large layer of collagen running through the middle which needs breaking down. This cooks into the sauce making it very sticky and gelatinous adding to the richness of the finished dish. We serve it with Jerusalem artichokes, which are very seasonal at the moment but if you cannot find them any other root vegetables will be fine.

For this dish you will need:

1kg feather blade ask your butcher to remove the connective tissue from the outside of the meat

1 onion

1 carrot

2 sticks of celery

1 bulb of garlic

A few sprigs of thyme

A bottle of white wine

200 ml sherry

Salt and pepper

Oil for cooking

Butter

500 g Jerusalem artichokes or other seasonal root vegetables

The day before roughly chop the vegetables (not the artichokes) into 1" pieces then crack ½ of the garlic with the back of a knife. Place the beef, vegetables, garlic and thyme in a container and pour on the white wine and allow to marinate for 1 day, turning once or twice to ensure a good covering.

Next day drain and dry the meat and reserve the wine before browning the beef well in a hot pan. Transfer to a pot large enough to braise the meat. Repeat this process with the vegetables and once they are brown pour on the sherry and cook until evaporated. Add the wine to the pan and reduce by half then pour the contents of the pan onto the beef, season lightly with salt and pepper and cook slowly in the oven at 150- 160 for three to four hours. The meat should be meltingly tender.

Strain the cooking liquor through a fine strainer into a saucepan, bring to the boil and skim any excess fat of the top and simmer slowly until a good sauce consistency is reached, season to taste with salt and pepper.

Meanwhile peel your Jerusalem artichokes or other root veg and cut into similar sizes and season with salt, pepper, some sprigs of thyme, a few crushed garlic cloves. Roast in the oven with a little butter until just cooked through and lightly caramelised. Serve with the beef.