

Burgundy Beef Aspic

INGREDIENTS

Beef Shank	350 gm
small size beet (peeled)	1
Peeled carrots	100 gm
Dried Cranberries	100 gm
Onion, Garlic	1 each
White Vinegar (for blanching beef)	3 tbsp
Beef broth	1 box (900 ml)
Water	500 ml
Balsamic Vinegar or Wine Vinegar (2 tbsp for marinade, 2tbsp for mixing into sauce)	4 tbsp
Red Wine or Brandy	1/2 cup
Gelatin Powder	5 tbsp
Black Pepper, Garlic Salt	1 tsp each
Butter	1 tbsp
Radishes (for garnish)	4 – 6
Corn Starch mixed with 3 tbsp water	2 tbsp
Salt and Pepper	To Taste
Mustard	Optional
Coriander	Optional

Prep. Time

3 – 4 hours

Cooking Time

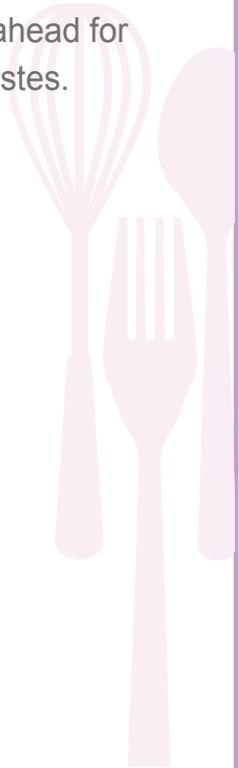
6 – 7 hours (including
freezing and moulding time)

Serves

4 – 5 people

* TIPS

Choose beef shank and cook and
marinate the meat one day ahead for
more chewy and flavourful tastes.



STEPS

1. Blanch beef shank in a pot of water with 3 tbsp of white vinegar, drain and set aside.
2. In another large pot, add garlic, onion and the blanched beef shank. Cover with beef broth and 500 ml water. Bring to boil over high heat. Then simmer for 2 hours until the meat is almost fork tender. (Option: use instant pot to save time.)
3. Take out the meat and drain. Save the broth.
4. Break up the meat into flakes with a fork. Marinade the meat with red wine or brandy, 2 tbsp balsamic vinegar or wine vinegar, garlic salt and black pepper for 30 min. Cover and set aside.*The above steps can be

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done one day ahead.

5. Cut and slice the peeled beets and carrots. Save half the veggies.
6. Sauté the sliced veggies with 1 tbsp butter in a heated wok.
7. Add the marinated meat together to the sautéed veggies. Slowly add 500 ml of the saved broth and bring to boil, then cook in low heat for 15 – 20 mins.
8. In another bowl, mix gelatin powder with 1/2 bowl of hot broth and pour into the pot of meat and veggies. Blend evenly. Mix with some coriander (optional.) Set cool.
9. Pour the cooled mixture into an oiled terrine. Press to firm.
10. Add some coriander on top. Cover with plastic wrap. Then cover the terrine with lid.
11. Leave to set in the refrigerator for 5 – 6 hours or overnight.
12. Carefully de-mould the chilled beef aspic. Set aside.
13. Cook the remaining half of veggies with the remaining broth in medium low heat for about 10 – 15 minutes.
14. Add corn starch dissolved in water to thicken the sauce. Add salt and pepper to taste.
15. Slice the beef aspic and serve with warm veggies and sauce. Garnish with radishes and dried cranberries. (Optional: also serve with mustard.)

