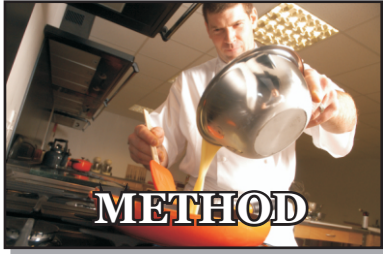


Confit of Beef Shin with Braised Potatoes

Serve 6 - 8

| | |
|---------------|----------------------------------|
| 1kg | Shin of beef, boneless |
| 750ml | Duck fat |
| 1 sprig | Thyme |
| 1 | Onion, roughly chopped |
| 2 | Carrot, roughly chopped |
| 10 | Shallots, peeled & sliced |
| 50g | Butter |
| 4 - 5 | Potatoes, peeled & thinly sliced |
| 450ml | Chicken stock |
| 2 sprigs | Thyme |
| 500ml | Beef & red wine jus |
| Salt & pepper | |



Cut shin up into large dice and place in an oven proof dish with the carrot onion and thyme, season with salt & pepper, cover with duck fat, place in the oven for 4 hours approx at 130c until very tender

Butter the inside of an oven proof dish and layer up the sliced potatoes with the chopped thyme and season, when layered up pour over the chicken stock then brush the top with melted butter.

Place in same oven and cook for 1 1/2 hours until liquid has absorbed into the potato and potatoes are soft

Cool the potatoes then chill for 2 - 3 hours then stamp out with a 6cm pastry cutter and put to one side

Let the beef cool, drain off the fat and shred up the meat into a bowl, check seasoning

Heat up a large pan, add butter and shallots, cook until soft and lightly caramelised, check seasoning

Using 6cm rings layer up the shredded beef and shallots pressing down firmly, remove rings and place potatoe on top

Place on a tray and re heat for 15 minutes at 160c until pipping hot serve with red wine jus and broad beans