

48-hour Confit John Dee Beef Short Ribs with Puffed Beef Tendons and Tomatillo & Bone Marrow Salsa



Beef Short Rib

1 plate	John Dee beef short ribs, denuded and trimmed of excess fat
2 handfuls	spice rub plus extra, for finishing
6-8 litres	rendered beef fat, enough to cover the rib plate entirely
6	fresh bay leaves, bruised
6 cloves	confit garlic

1. Preheat a combi-oven to 63°C.
2. Place the rendered beef fat, bay leaves and confit garlic into a deep 1/2 Gastronorm tray and place in the oven to warm.
3. While the fat is warming, generously cover the rib plate with the spice rub then leave it in the cool room to dry.
4. Remove the warmed beef fat from the oven and place a stainless steel rack in the bottom.
5. Insert the oven's temperature probe into the thickest part of the rib plate, then gently lower the rib plate into the warmed beef fat.

6. Transfer the tray to the oven and cook for 48 hours. Alternatively, you could vacuum pack the meat and rendered fat and cook in a water bath at 63°C for the same time.

Spice Rub

50g	sea salt flakes
50g	brown sugar
40g	smoked paprika
20g	roasted onion powder
25g	black peppercorns
25g	pink peppercorns
15g	white peppercorns
25g	coriander seeds
25g	fennel seeds
15g	celery seed
10g	cumin seed
15g	yellow mustard seeds
5g	garlic powder

1. Dry roast the coriander, cumin, fennel, celery and mustard seeds separately until fragrant.
2. Combine in spice mill and grind.
3. Transfer to a bowl and add remaining ingredients and mix well.

Puffed Beef Tendon

500g	beef tendon
2 tbsp	roast onion powder
2 tbsp	sea salt
2 tbsp	brown sugar
	oil for deep frying

1. Wash tendons thoroughly and remove any meaty bits.
2. Place tendons in a pressure cooker, cover with water and cook at full pressure for 90 minutes.
3. While the tendons are cooking, combine the roast onion powder, salt and brown sugar in a spice mill and grind to a fine powder.
4. Once the tendons have finished cooking, strain and pat dry. Lay the tendons into a terrine mould lined with cling wrap, making sure they are all facing in the same direction.

5. Cover with a layer of cling wrap then place another terrine mould on top. Add weights to press the tendons down.
6. Place in the cool room and leave overnight to set.
7. Remove the tendons from the mould, they should now be set in a brick.
8. Slice thinly on a meat slicer then arrange the slices on lightly oiled racks. Dehydrate at 49°C for 2 hours, turning after one hour. They should still have a little flex to them and not be too brittle. *Note this makes a large amount so only slice and dry what you need plus some extra for snacking.*
9. Heat oil to 190°C then fry the dehydrated tendon slices in batches, keeping them separated whilst they puff.
10. Drain over some paper towel
11. Season them with the salt, sugar and onion mix.

Tomatillo & Bone Marrow Salsa

6	dried arbol chillies
2	dried guajillo chillies
2	small onions, skin on, sliced in half
3 cloves	garlic, unpeeled
25	tomatillos, outer leaves removed
250g	bone marrow, 1cm dice
1 bunch	coriander, chopped
1 lime	juice & zest of
	sea salt

1. Place the onions on a charcoal grill (or in a heavy frypan) and cook until charred and soft on the outside. Set aside.
2. Repeat the process with the tomatillos and garlic cloves. Set aside.
3. Grill the chillies until darkly coloured and crisp. Set aside.
4. Once cooled, peel the skin off the garlic and onion, then roughly chop with the tomatillo.
5. Gently crack open the chillies and remove the seeds.
6. Place the chillies in a mortar & pestle with a little salt and pound to a semi fine texture.
7. Add the garlic, onion and tomatillo and work until it comes together.
8. Heat a heavy-based saucepan to medium hot, add the bone marrow and fry for about a minute. Strain through a sieve, and then add to the salsa.
9. Stir through the lime zest, juice and coriander.
10. Season with salt and keep warm.

To Finish

1. Once the ribs have cooked for 48 hours, gently lift the rib plate out of the fat and rest on a wire rack to drain.
2. Use paper towel to remove any excess fat, and then re-season the meat with the spice rub.
3. Use a blowtorch to caramelize the outside of the meat. Alternatively, allow the meat to cool a little first then blast in a ridiculously hot oven for a few minutes. This will achieve the same result.
4. Carve the rib into individual bones, bearing in mind that there is a skinny rib on one end - which you should just eat.
5. Lay the bone on a plate to your liking, serve with warm salsa, a few of the tendon puffs and a cheek of lime. This also works as a sharing dish with the rib whole (on or off the bone), a pile of tendon puffs and salsa on the side for people just to have at it.

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