

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 34 – Roast Beef Provincial Style

**Preparation time: 15 mins – Cooking time: 35 mins**

#### Ingredients

1kg trimmed sirloin beef, seasoned  
1/4 wine glass of olive oil

#### Sauce

2 cloves of garlic, peeled  
zest of 1 lemon  
1 teaspoon of salt  
1 teaspoon of tarragon leaves  
½ wine glass of celery leaves (not stalks)  
3000gms of sliced mushrooms  
½ wine glass tomato concasse  
½ glass white wine  
¼ wine glass of olive oil  
½ pint of meat stock  
1 tablespoon plain flour  
gravy from roast beef (To make gravy, stir flour in pan with the beef juices. Add the meat stock and reduce by half. Sieve and leave aside.)

#### Method for Roast Beef

1. Place asparagus in hot boiling water, bring to the boil and simmer for 1 minute, strain and leave to one side.
2. Slice apple into 3 thick rings, sprinkle with brown sugar and brown under hot grill. Place to one side.
3. Place seasoned chicken breasts and butter in frying pan and cook on medium heat for 3 minutes. Do not brown. Turn over and put in hot oven for 7 minutes. Remove from pan and place chicken on plates.
4. Leaving the juice from the cooked chicken in the pan, add apple sauce, cream and calvados. Bring to the boil and then spoon over the chicken.
5. Put the asparagus through the apple rings and place on top of the chicken and serve with new boiled potatoes.

#### Method for Sauce

1. Finely chop to a paste the garlic, tarragon leaves, celery leaves with the salt and the zest of lemon. Then put in pot with oil and sliced mushrooms. Cook for 3 minutes over a hot heat, stirring.
2. Add tomato concasse, white wine and meat stock. Bring to the boil and simmer for 3 minutes.

Slice the roast beef and pour over the sauce. Serve with Savoy cabbage and roast potatoes.

See Sauces and Side Dishes page for Savoy Cabbage and Tomato Concasse recipes

Serves 3

