

Pavé of Givendale Beef

carrot and celeriac dauphinoise, spinach and thyme jus

Serves four

Pavé is a little known cut of beef and it literally means pavement in French and it looks like a slab of perfect beef - a good butcher will know of this cut. There is no fat or sinew on the beef and it is a quick fry piece of meat.

Ingredients

4 x Givendale beef pavé's at 180gm each piece
(Season with salt and pepper, wrap in cling film, and place on a low shelf in the fridge)
2 large bunches of Spinach (wash well)

For the Carrot and celeriac dauphinoise:

4 x medium size carrots (peeled)
1 x celeriac (peeled)
Chefs Tip: You will have a little celeriac spare, perhaps grate this up raw and mix with mayonnaise and mustard grain to make an interesting accompaniment to a roast beef sandwich!
1 pint of whipping cream
4 cloves of peeled and crushed garlic
Salt and pepper
4 sprigs of thyme leaves

For the sauce:

2 pints of strong beef stock
2 glasses of red wine
A squeeze of tomato paste
3 sprigs of thyme
2 large shallots (peeled and finely chopped)
2 cloves garlic (peeled and crushed finely)

Method to make the dauphinoise:

Pre heat your oven to 180°C.

Butter a deep earthenware dish.

Thinly slice the peeled carrots (long ways) and thinly slice the peeled celeriac (use about half the celeriac if it is a large one or two-thirds if it is a small one)

Place the cream and the crushed garlic into a pan and bring this to the boil.

When boiled, allow it cool slightly and sieve out the garlic.

Remove the thyme leaves from their stalks, add to the mixture, then add some salt.

Place the thin slices of carrot and celeriac in layers in your dish, adding salt, pepper and a small amount of the cream mixture between each layer.

Finally pour over the excess cream then cover the earthenware dish with tin-foil and place in the oven for 20 minutes.

After 20 minutes, remove the tin foil and return to the oven for a further 10 minutes to get a good colour on the dauphinoise. Then remove from the oven.

Chefs Tip:

At Rudding Park we allow this vegetable dish to cool slightly and then we cut the dauphinoise into round shapes using a metal ring. This can be done in advance and then re heated in the oven.

Method for the spinach:

Place some butter in a pan, and while this is melting, remove the big stalks from the spinach.

Add the washed spinach, a pinch of salt and pepper and some freshly ground nutmeg to the pan and allow the spinach to gently wilt. Squeeze out any excess water before service.

Method to make the sauce:

To make the sauce place the shallots and garlic into a pan with a dash of olive oil and cook gently for 2 minutes.

Add the squeeze of tomato paste (about a dessert spoon full do not over do it!)

Next add the wine and simmer until reduced by half.

Add the stock and the thyme leaves and reduce again until a thick sticky sauce is formed. You should have enough sauce left for four plates.

To cook the beef:

Pre heat your oven to 180°C.

Place the seasoned pavé into a hot frying pan with a little olive oil or vegetable oil until it is golden in colour then turn it over and do the same the other side.

Next, remove from the pan and place on a tray in the oven for approximately 8-12 minutes depending how well done you like your meat.

When cooked, remove from the oven and allow to rest (this is very important as it allows the muscle in the meat to relax so that it carves better and makes the meat more tender)

To assemble the dish:

Place the carrot and celeriac dauphinoise at the top of the plate (at 12 o'clock if the plate was a clock face)

Put the spinach down at the bottom of the plate and place the thinly sliced beef pavé on top.

Next, pour the sauce around the plate and serve.