

# RHODES MEZZANINE TASTE OF DUBAI 2011 RECIPES

## Braised Wagyu beef with caramelised onion gravy

Serves 4

2 large onions  
4 x 90-112 g pieces of wagyu cheek steak

For the sauce

Butter

1 onion, chopped  
1 carrot, chopped  
Sprig of thyme  
1 bay leaf  
2 tomatoes cut into 8  
1 bottle of red wine  
600 ml Veal or Beef jus  
Salt and pepper

- Peel and finely slice the 2 large onions then cook slowly in a heavy bottomed pan until golden and caramelized.
- To make the sauce, melt a knob of butter in a braising pan. Add the chopped onion, carrot, sprig of thyme and bay leaf. Cook for 5-10 minutes, allowing to slightly colour and begin to soften.
- Add the tomatoes and continue to cook for a few minutes. Pour on the bottle of red wine and bring to the boil. Once boiling, allow to reduce by half. Add the jus and bring to the simmer.
- While the sauce is being put together, season the beef pieces with salt and pepper. Heat a frying pan with the cooking oil. Once hot, add the beef. Sear and colour on all sides, before adding to sauce in the braising dish.
- Bring to the simmer, cover with a lid and place in the middle of the oven at 160c for 2 hours until the beef becomes tender.
- Once cooked lift the meat from the dish, strain the sauce through a sieve, add the caramelized onions, check the seasoning and pour back over the meat.
- This can be served with a bowl of mashed potato or potato cakes cooked in clarified butter.

## Iced Lemon Meringue, fresh strawberries

MAKES 4 INDIVIDUAL 6 cm RINGS

75 ml lemon juice (4-6 lemons approx.)  
1 lemons zested finely on a micro-planer then chopped finely  
75 ml double cream  
22 gm caster sugar  
12 gm crème patisserie powder  
3 egg yolks  
1 leaves gelatine

### Italian meringue

75 gm caster sugar  
16 ml water  
1.5 egg whites

- Boil together the lemon juice, zest and cream
- Leave overnight to infuse before passing through a fine sieve
- Soak gelatine leaves in cold water
- In a separate bowl mix together the egg yolks, crème pat. powder and sugar, whisk until pale and the sugar dissolved
- Heat the cream and juice mix gently and pour onto the egg yolk mix and temper before adding all
- Return to the pan and carefully cook out until thick waiting for the first bubbles to appear
- Add the squeezed out gelatine leaves and mix into the hot custard
- Pass and set aside, covering with cling film
- Meanwhile in a scrupulously cleaned sugar pan boil the sugar and water, when the temperature reaches 110°C start whisking the egg whites to a thick foam
- When the boiling sugar reaches 121°C or hard ball plunge the bottom of the pan in cold water to stop any more rise in temperature, then allow the bubbles to disappear
- With the machine running on a medium speed slowly pour the hot sugar in a thin thread into the meringue mix
- Once the sugar has been introduced increase the speed but do not allow the meringue to become “cakey” taking only to a very soft “shaving foam” texture
- Whilst still warm add a little meringue to the lemon custard and mix in well
- Then carefully fold in the remaining meringue, so as the final mix is very light
- Pour into the tightly cling filmed 6 cm rings on a flat tray and freeze immediately.
- Leave at room temperature for 12 minutes to soften
- Serve with fresh strawberries

### MERINGUES

2 egg whites  
100g caster sugar  
1 tsp lemon juice  
1 tsp cornflour  
Oil, for greasing

- Whisk the egg whites and lemon juice to soft peaks. Sprinkle in the sugar and cornflour and whisk to a firm peak. Pipe it using a 1 cm plain or fluted tube, into ten peaks. Bake for 20-30mins until set.
- The meringues should be crispy on the outside with a soft, succulent, creamy filling. To give them a burnt top, just sit them under a hot grill for a few seconds. Now put the meringues on top of the iced lemon.

## Prawn and caviar hollandaise cocktail

Serves 4

200g de shelled prawn tails  
10g caviar  
100g shredded iceberg lettuce  
50g diced cucumber  
25g sliced shallot

- In a saucepan add 1 tablespoon water and a small knob of butter
- Allow to warm through on the very edge of the stove
- Add the diced prawns
- Cover with a cartouche and steam ever so gently so the prawns are only just warmed through
- Bind with hollandaise sauce
- Finally finish with seasoning, a squeeze of fresh lemon juice and the caviar
- Mix the shredded lettuce, diced cucumber and sliced shallot with a drizzle of lemon dressing
- To serve fill a glass with the lettuce mix and then top with the prawn and caviar mix

Sauce Hollandaise - Makes approx 300 ml

450g unsalted butter  
4 teaspoons white wine vinegar  
2 teaspoons cracked white peppercorns  
pinch of salt  
8 egg yolks  
lemon juice

- Melt the butter in a saucepan over a low heat until foaming. Spoon off the foam and leave the butter to settle.
- Remove the clarified butter with a ladle, discarding the whitish residue remaining in the pan. Keep the butter to one side.
- Boil the vinegar with the pepper and salt and remove from the heat.
- Add 4 tablespoons of water and the egg yolks
- Place in a bowl and whisk the mixture over a pan of boiling water until the egg yolks are light and creamy – approx 8-10 minutes. Do not allow to boil
- Remove from the heat and whisking continuously, gently pour in the clarified butter. Pass through a fine sieve and add a squeeze of lemon juice to taste.

Sweet lemon dressing

¼ pint stock syrup  
2 sticks lemon grass  
1 star anise  
Few pink peppercorns  
Zest and juice of 3 lemons  
½-¾ pt olive oil 1<sup>st</sup> press  
2 tablespoon champagne vinegar

- For the dressing, boil together the sugar and water. Once the sugar has dissolved, add the lemon juice and zest, star anise and lemon grass
- Simmer the syrup for several minutes
- Remove from the heat and leave to infuse for several hours before straining
- Once strained, whisk the olive oil into the liquid and season with salt and pepper