



# BLUEBIRD AT HOME

METHOD GUIDE



## SNACKS

### METHOD

#### **Bread and butter:**

*Allergens; gluten (wheat), milk*

- Cook the sourdough for 10 minutes at 180°C, serve with the butter

#### **Bluebird dips and grated vegetable salads and crisp bread**

*Allergens; gluten (wheat) egg, sulphites, mustard, sesame*

- Serve the dips and grated salads with the crisp bread as a pre-dinner snack

MAIN COURSE

METHOD

**32 day aged rib of beef**

*Allergens; milk, mustard, sulphites*

Rib: set oven to 120°C (convection)

- Start with removing the rib from the fridge 30 minutes before cooking.
  - Season the rib well with salt and pepper
- To caramelize the rib in the best way; use a large heavy based pan, like a cast iron pan, large enough to easily fit the rib. Use a good amount of oil (this will help to give a really good colour without scorching the meat) on high heat colour the meat all around giving it a about 3 minutes on each side.
  - Lower the heat and add the butter, thyme and smashed garlic cloves
    - Baste the beef with the butter for a couple of minutes
- Place a folded piece of tin foil on an oven tray and transfer the beef to the tray
  - Place in oven and cook for:
    - 10 -15 minutes for rare (core temperature 32°C)
    - 20-30 minutes for medium rare (core temperature 48°C)
    - 30-40 minutes for medium (core temperature 55°C)
- When cooked to desired degree, let rest in a warm place for minimum 10 minutes
  - Then carve the rib slightly on the diagonal

GARNISHES

METHOD

**Truffle potato:** *Allergens; milk*

- Crisp the potato cake in a pan on medium heat with a little oil
- Transfer to oven and heat for 20 -30 minutes

**Caramelized onion purée:** *Allergens; sulphites*

- Bring a pot of water to 80-90°C
- Place the bag with onion purée in the water and heat for 10- 15 minutes

**Red wine sauce:** *Allergens; sulphites*

- Place in the same water bath as the onion purée

**Purple sprouting broccoli:** *Allergens; sulphites, mustard*

- Dress the broccoli with the oil
- Char in a hot pan, season with sea salt and black pepper
- Finish with the chardonnay vinaigrette



DESSERT

METHOD

### **Yorkshire rhubarb crumble**

*Allergens: gluten (wheat), nuts (almond), milk, egg (custard)*

Set oven to 180°C

- Place the raw rhubarb and sugar mix in a earthenware dish
  - Sprinkle the crumble mixture evenly on top
- Bake in the oven for 20-30 minutes or until the topping is nice and golden in colour
  - Serve with the custard
- If you want to serve the crumble with a warm custard; place the bag of custard in a pan with warm water 70°C-80°C for 5 minutes.

Enjoy!