



SHIN BEEF BRAISE WITH PUMPKIN & CHORIZO CROQUETTES

SERVES 6 **PREP** 15 minutes **COOK** 4-6 hours

Makes 12 croquettes **PREP** 15 minutes **COOK** 30 minutes

Ingredients

Shin beef braise

4 tbsp olive oil
1kg beef shin, cut into large chunks
2 large onions
4 garlic cloves
4 anchovies
2 tbsp fresh rosemary
2 cups red wine
4 cups beef stock
1/4 cup tomato puree
1 bay leaf
1 tbsp cornflour
1 tbsp cold water

Pumpkin & chorizo croquettes

500g pumpkin (makes about 1 1/2 cups mashed)
1 tsp salt
1 onion, finely chopped
1 chorizo, finely chopped
100g butter
2/3 cup plain flour
1 1/2 cups milk
1/4 cup plain flour, plus extra
2 eggs, lightly whisked
2 1/2 cups panko breadcrumbs
light olive oil, for frying



Method

Shinbeef braise

Preheat oven to 120°C or prepare slow cooker.

Heat 2 tablespoons of the olive oil in a large frying pan, brown the shin beef in batches and place either in a large casserole dish or in a slow cooker.

Add a little more olive oil to the pan and heat, next add finely chopped onion, garlic, anchovies and rosemary, cook for about 5 minutes until softened.

Deglaze the pan with a little red wine to lift any meat or remaining ingredients. Add the remaining wine, stock, tomato purée and bay leaf. Bring to the boil and then carefully pour the liquid over the meat. Ensure the beef is covered by the liquid, season with salt and pepper and cover with a piece of baking paper. Cook with the lid on for 4 hours in the oven (or for 6 hours in a slow cooker).

Once cooked (the beef should fall apart with a gentle prod from a fork) place the meat into a serving dish. Sieve the liquid into a large saucepan, then bring to the boil and reduce by two thirds. Mix the cornflour and water and add to the reduced liquid to thicken. Cook for a further 5 minutes then pour the sauce back over the meat.

Pumpkin & chorizo croquettes

Peel then cut pumpkin into 5cm cubes, place in a large saucepan, cover with water add salt and cook until tender. When cooked, drain, mash and then set aside.

Heat a tablespoon of the olive oil in a frying pan and cook the onion and chorizo until the onion is soft.

Melt the butter in a medium sized saucepan over medium-high heat until foaming. Add the flour and stir for 1 minute. Remove from heat, stir in one-third of the milk, this will form a thick paste, gradually add the remaining milk and keep stirring while cooking out the roux, for about another 3 minutes.

Stir in the pumpkin, onion and chorizo, season with salt and pepper. Transfer to a shallow container lined with baking paper. Set aside to cool slightly then cover and place in the fridge for 2 hours (or overnight) to set.

Place the extra flour, egg and breadcrumbs in separate bowls. Use floured hands to roll about 2 tablespoonfuls of the mixture into 8cm long croquettes. Roll each croquette in flour and shake off excess. Dip in egg, then in breadcrumbs to coat. Place on a baking tray lined with baking paper.

Add the oil for frying to a large saucepan about 5cm up the side of the pan. Heat to medium-high heat (when oil is ready a cube of bread will turn golden brown in 20 seconds). Cook croquettes, in 3 batches, turning occasionally, for 1-2 minutes or until golden and heated through. Transfer to a tray lined with paper towel.