

Slow roasted rib of beef with bone marrow sauce

Enjoy with 2015 Levantine Hill Samantha's Paddock Mélange Traditionnel
Serves 6

Chef's Notes

This recipe is a prime example of the magic that happens when high quality ingredients are cooked with love and paired with a premium Cabernet blend. Allow at least 5 hours of preparation and cooking time. Ask your local butcher for marrow, however the recipe can be made without. Serve with roasted potatoes.

Ingredients

For the beef rib:

- 1 well-aged 'three-bone' rib of beef (on the bone)
- 1 Tbsp grapeseed or vegetable oil
- Good pinch of salt

For the bone marrow sauce:

- 2L beef stock
- 100g butter
- 250g peeled and finely diced shallot
- 150ml white wine
- 100g Dijon mustard
- 10g sherry vinegar
- 1 Tbsp lemon juice
- 100g bone marrow, rinsed and diced (optional)
- 2 Tbsp chopped flat leaf parsley
- 2 Tbsp chopped fresh chives
- 1 Tbsp chopped fresh tarragon

Method:

1. Preheat oven to 60 degrees Celsius. Oil and season your beef rib all over, and on a very high heat in a fry pan, brown your beef on all sides.
2. Put the browned meat in a roasting pan and place in oven until the internal temperature of the meat reaches 55 degrees Celsius (this should take 4-6 hours and will be medium-rare). Rest for 1 hour.
3. For the sauce, reduce the beef stock by 3/4 until approx 500ml remains. In another pan, melt butter and cook the shallots on low for 7-10 minutes until they are light brown. Add the wine and allow to reduce by 3/4. Remove from the heat and add the Dijon mustard. Stir thoroughly before adding the reduced beef stock.
4. To finish the sauce, add the sherry vinegar and lemon juice and whisk until all the ingredients are incorporated. Gently warm the sauce again, and when hot, add the diced marrow to soften but not melt. Add finely chopped herbs and season with salt and pepper to finish.

To Finish:

Carve the rested meat from the rib bones serve with the sauce, roast potatoes, and a generous glass of Samantha's Paddock Mélange Traditionnel.