



BALSAMIC AND ORANGE GLAZED BEEF ROLLS

PREPARATION

Cook the wild rice in boiling water with four whole cloves of garlic, two star anise and a pinch of rock salt until just cooked.

Cut carrots chives nabo leek red and green pepper into thin strips and lightly poach in butter. Allow to cool. Prepare the balsamic glaze by lightly poaching the onions in butter, adding half an orange very finely chopped, the beef stock and the balsamic vinegar and brown sugar, simmer until half the quantity remains which should have the consistency of a thin syrup.

Separate 10% of the cooked veg and chop into 1 centimetre pieces. Slice the mushrooms finely, cook in butter and add the mushrooms and the chopped veg to the rice. Mix well and prepare timbales of rice. Store till required.

Place the strips of beef on a large plate and season well and then cover with the glaze for at least ½ hour. Slice the bubangoes from top to bottom in thin slices. In the centre of each slice cut a line from ¼ of the way down to ¾ of the way down. Pull the head of the slice through the slit until you have something that resembles the pink ribbons for world cancer day.

Method

Take each slice of beef and roll the strips of veg into the centre and season with oregano and parsley and pin secure with a cocktail stick.

Brown each roll lightly oiled a hot frying pan and place on a baking tray. Cook for 10 mins at 180 degrees with half the glaze mixture. Heat the remaining glaze in a small sauce pan and pour over the top at the point of service.

Place the bubango ribbons in a baking tray and lightly spray a covering of olive oil over all and sprinkle with garlic slices and flaked almonds. Cover with tin foil and place in the same oven for approx 8 minutes or until the bubango has an al dente texture.

Microwave each timbale of rice for approx 2 minutes until the rice is piping hot.

Serve all on individual decorated plates.

INGREDIENTS

Beef Rolls

Half kilo of sirloin steak cut into 8 thin slices
 2 carrots
 Chives
 1 leek
 1 red pepper
 Butter
 Salt and pepper
 Oregano, parsley

Balsamic Glaze

¼ litre beef stock
 1 Canarian orange sugar
 2 tbsps brown sugar
 2 tbsps balsamic
 2 small shallots finely diced
 Small knob of butter

Rice

2 cups wild rice
 All the vegetables mentioned above
 2 mushrooms
 Butter
 Star anise
 Garlic
 Salt

Vegetable Bubango

4 bubangos (can substitute courgettes or zucchini)
 Garlic
 Flaked almonds
 Optional pomegranate seed (great at Christmas)
 Prep time 20 minutes
 Cook time 15 minutes

Decorations used

Edible hibiscus flower
 Star of anise
 Hierba Buena (spearmint)
 Onions poached in grenadine
 Pan fried orange slices with honey
 Chives