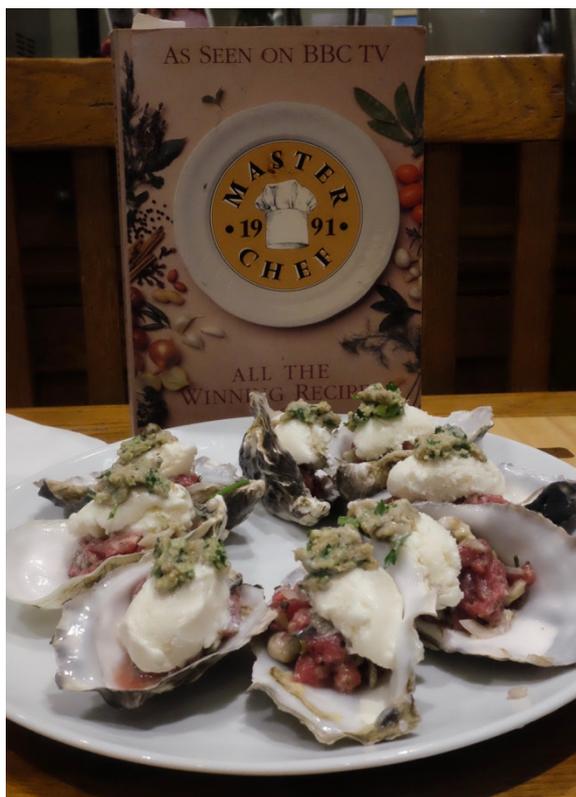


TITLE

**Beef and Oysters...WITH ICE CREAM!**



## TITLE

*No, you heard me right – beef and oysters...WITH ICE CREAM! I'm always trying to think of new and exciting ideas for recipes, which are 'different' but still make sense. My dad took part in Masterchef 1991 (hence the recipe book in the background of the photo), and his main course was beef wellington with smoked oysters. This recipe is my paying tribute to his flavour concept. The beef and oysters are both raw, so very delicate in flavour, unlike the cooked version. Horseradish sauce is great for finishing off roast beef, and my ice cream version is not sweet – it is clean-flavoured and savoury, so binds everything together and refreshes the palate, with the pepperiness of freshly-grated horseradish in the background. The seasoning and oyster bread sauce complete the balance. It's a bizarre concept, but trust me it works! A great way to open a meal, and I really hope people who read this will be brave and give it a go!*

### **Ingredients (serves 8 as an appetizer)**

For the savoury horseradish ice cream (makes about 1 litre)

- 125ml water
- 90g caster sugar
- 60g (about 4 tbsp) liquid glucose
- 40g freshly grated horseradish
- 2 tbsp hot water
- 1 tbsp white wine vinegar
- 100ml double cream
- 200ml natural yogurt
- 300ml crème fraiche
- 1 tsp sea salt
- 2 tsp lemon juice
- ½ tsp English mustard powder
- Pinch of ground white pepper

For the beef tartare with oysters

- 400g beef fillet
- 1 small shallot, finely chopped
- 1-2 tsp capers (to taste)
- 1 tbsp flat parsley leaves, finely chopped
- olive oil
- 1 dash of Worcestershire sauce
- 6 oysters



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For the oyster and brown bread sauce

- 6 oysters
- 1/2 small handful flat-leaf parsley (roughly 10-20g)
- 2 chunks (about 20-30g) brown bread
- lemon juice, to taste
- salt and pepper, to taste

## TIPS AND SUGGESTIONS

- For this recipe try to find the most beautiful fillet of beef you can. Ideally the knife will cut through it like butter.
- After the final seasoning, the tartare should be plated and served immediately. The elements can be chopped and kept aside in advance, but not mixed until ready for service, otherwise the beef will discolour.

## Method

1. For the ice cream, heat the water, sugar and glucose in a saucepan and bring to the boil. Remove from the heat.
2. Mix the grated horseradish, hot water and vinegar.
3. Combine the sugar base and horseradish mix, then leave to cool and infuse, preferably overnight in a fridge.
4. Lightly whisk together the cooled sugar and horseradish infusion and all the other ingredients, pass through a fine sieve, then churn in an ice cream machine until set. Keep in the freezer until ready to serve. (NB Remove the ice cream from the freezer 5-10 minutes before serving, so that it is just soft enough to scoop easily while still holding its shape.)
5. For the sauce, put the oysters into a blender with the parsley, brown bread, and a good squeeze of lemon, then season to taste with salt and pepper. Pulse until smooth and combined. Set aside in fridge for plating (not too long or the oysters will 'cook' in the lemon juice).
6. For the tartare, cut the beef into little chunks (fine dice) and mix it with the shallot, capers, parsley and a little bit of olive oil, just enough to bind the mixture. Set aside while you get on with the oysters.
7. Shuck the oysters and drain the water. Keep the shells for serving the tartare. Cut up the oysters and stir them very gently into the beef mixture. Season the whole mixture to taste with salt, pepper and Worcestershire sauce.
8. To serve, fill a mug with boiling water and place a rounded ice cream scoop in the water to warm up for serving the ice cream.



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Put a small mound (about 2 heaped tbsp.) into the centre of an oyster shell. Remove the ice cream from the freezer (about 5 minutes before serving), then use the pre-warmed scoop to carefully place a ball of ice cream on top of the tartare. Place a small amount of the sauce on top, then serve immediately.

