

# SLOW BRAISED CHUCK FLAT, MOREL MUSHROOM RISOTTO, ROASTED BABY BEETS WITH TIGER BLUE CRUMBLE & OKANAGAN RASPBERRY GASTRIQUE

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PAIRED WITH TH WINES 2016 MALBEC

Serves 4

## INGREDIENTS - RISOTTO

- 1 oz dried morel mushrooms or ½ lb fresh morels, cut lengthwise
- 1 tbsp extra virgin olive oil
- 1 tbsp butter
- ⅛ cup finely diced shallots
- ¼ cup finely diced onion
- 1 cup Arborio rice
- 1 cup dry white wine
- 5 ½ cups vegetable or chicken stock (warmed)
- ½ cup grated Romano cheese
- ½ cup grated Asiago cheese
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp butter to finish

## INGREDIENTS - BEETS

- 12 small heirloom beets
- 2 tsp olive oil
- salt and pepper
- aluminum foil

## DIRECTIONS - RISOTTO

1. If using dried morels, soak in hot water for 10 minutes to rehydrate, then cut lengthwise. If using fresh morels, use a pastry brush and lightly clean off any dirt before cutting. Set mushrooms aside.
2. Melt butter and olive oil in a medium sized pot over medium to high heat. Add shallots and onion and sweat off making sure to not get any color on the onions. When onion is soft, add in the rice and cook until most is shiny and translucent.
3. Add the morels and sauté for 8 minutes. Then add in the wine and turn the heat up to high.
4. Stir the risotto until most of the wine has been incorporated. Next add 3 ½ cups stock (1 cup at a time) continually stirring until it has been incorporated into the rice.
5. Turn the heat to low and finish your risotto to 75% cooked, and season with salt and pepper. Take off the heat and spread evenly on a parchment lined baking tray and let cool. Make this up to 2 days before dinner and then finish on the day.
6. To finish, put the risotto base in a pot and add 2 cups of warm veg stock. Bring up to temperature and finish with butter and more cheese to taste.

## DIRECTIONS - BEETS

7. Wash and dry beets and place in a medium bowl. Add olive oil and wrap each beet in foil.
8. Heat the oven and put some salt on a baking sheet. Place beets on the salt and bake for 25 minutes or until tender.
9. Let beets cool and then remove foil. Use a paper towel to rub off the skin.
10. Toss in a bowl with 1 tsp olive oil and ½ tsp salt and ½ tsp pepper and roast in the oven for 10 minutes. Keep warm until you are ready to plate.

### **INGREDIENTS - CHUCK FLAT**

- 1 lb of boneless chuck flat
- 2 tsp olive oil
- 1 ¼ cup red wine
- 1 carrot (chopped)
- 1 stalk celery (chopped)
- 1 small onion (chopped)
- 2 L beef stock
- 2 bay leaves
- 2 cloves garlic
- salt and pepper
- 6 peppercorns

### **INGREDIENTS - RASPBERRY GASTRIQUE**

- 1 cup raspberries
- ½ cup balsamic reduction (store bought)
- ¼ cup of the demi from chuck flat recipe

### **INGREDIENTS - PLATING**

- 200g of Tiger Blue cheese from Poplar Grove (or other blue cheese)
- raspberries
- microgreens (optional)

### **DIRECTIONS - CHUCK FLAT**

11. In a medium pot add olive oil and season the chuck flat with salt and pepper. Sear on all sides over high heat.
12. Add the chuck flat to a Dutch oven along with 1 cup red wine, carrot, celery, onion and beef stock. Add in 2 bay leaves, 2 cloves of garlic and 6 whole black peppercorns and bake in the oven at 250°C for 4-5 hours until tender. Remove the chuck flat from the oven and let sit. Cut into 4 oz portions.
13. Strain the stock and put back on the stove top to reduce by half. Then add in ¼ cup more red wine and further reduce by half. Finish the demi with pepper. Set aside to add to the gastrique.

### **DIRECTIONS - RASPBERRY GASTRIQUE**

14. Put the balsamic reduction in a small pot with the demi, and heat over medium heat. Reduce by half and add the raspberries.

### **DIRECTIONS - PLATING**

15. Spoon the risotto onto plates, then crumble some of the tiger blue on top. Place 3 beets to the one side of the risotto.
16. Take your chuck flat and cut into two pieces to place in between the beets.
17. Add some fresh raspberries to the top of the risotto and some microgreens if you have.
18. To finish, take the gastrique and drizzle over the risotto and chuck flats.