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**Slow cooked beef cheek, bitter chocolate, orange and pear**

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**Coriander & orange sablé**

Ingredients:

1 small bunch coriander, chopped

80g egg yolks

160g sugar

225g flour

7g baking powder

2g salt

160g butter, soft

1 orange zest

Method:

1. To make the sablé, cream the butter with the sugar then add the yolks, followed by the salt, flour and baking powder.
2. Add the coriander last and mix until fully combined.
3. Roll out the dough to a thickness of ½ cm.
4. Bake in the oven for 10–12 minutes until golden brown.
5. Cut out with an 8cm cutter whilst still hot.

**Orange syrup**

Ingredients:

500ml orange juice

Method:

1. Reduce orange juice until thick syrup consistency.

**Pear puree**

Ingredients:

1 pear

Apple juice/ water

Method:

1. Peel pear and cut in to blocks.
2. Cover with apple juice or water if no juice and boil till pears are soft.
3. Blend mixture until smooth.

**Braised beef cheek with dark chocolate sauce**

Ingredients:

500g beef cheek, cut into 12 large pieces

80g seasoned flour

150g carrots, roughly diced

150g onion, roughly diced

1.1l red wine

4 garlic cloves, chopped

2 sprigs thyme

5 sprigs thyme

50ml vegetable oil

50g dark chocolate

salt

pepper

Method:

1. Preheat the oven to 200°C/gas mark 6.
2. Gently roll the pieces of meat in the seasoned flour.
3. Heat the vegetable oil in a large, heavy, heat-proof casserole dish until very hot and brown the meat quickly and evenly.
4. Add the diced carrots and onions, cover and sweat gently for 10 minutes.
5. Cut beef cheek into 12 large pieces.
6. Holding the lid over the casserole, pour away all the cooking fat.
7. Deglaze the dish with the red wine and bring to the boil.
8. Add the garlic, rosemary, thyme and season.
9. Replace the lid and cook in the oven for about 2 ½ hours, until the meat is very tender. Stir regularly during cooking, adding a little water if there is too much evaporation.
10. Remove the casserole dish from the oven. Lift out the pieces of meat with a slotted spoon and place in another pan, and then pass the sauce through a fine sieve.
11. Remove the rosemary sticks.
12. Spoon 1 ladle of remaining liquid over the meat and put aside.
13. Put remaining liquid into a sauce pan, add 500ml of beef stock and reduce by half on a medium heat.
14. Once reduce set aside and add 50g dark chocolate (80 %), stir in until melted.

**Orange crisp**

Ingredients:

1 orange, cut into slices

100g caster sugar

100ml water

Method:

1. Preheat the oven to 100°C/lowest gas mark.
2. To make the syrup, combine the sugar and water in a saucepan and bring to the boil.
3. Once the sugar has dissolved, remove from the heat and add the sliced orange
4. Cook for 20 minutes over a low heat, until the syrup is shiny and translucent.
5. Remove from the heat and allow to cool.
6. Remove the orange slices from the syrup and lay out onto greaseproof paper.
7. Place in the oven for 3 hours to dry out completely, then remove and leave to cool before using.

**Bitter chocolate crumb**

Ingredients:

20g dark chocolate

Method:

1. After cutting sablé into round shapes, take of the off cuts and crumb into a bowl.
2. Melt 20g of dark chocolate and pour onto crumb.
3. Mix well and spread onto a grease proof paper.
4. Bake on a low heat (100-120) until crispy.
5. Mix regularly, allow cooling before touching.

**To serve:**

1. Place a biscuit in the centre of each plate and top with shredded beef cheek meat (try not to get too much liquid on the biscuit.
2. Decorate the plate with equal amount of orange syrup and pear puree to balance out the flavours.
3. Arrange baby pears around plate.
4. Pour a tablespoon of chocolate jus over the beef, top with a sprinkle of crumb, and finish off with the orange crisp.