



BEEF PAVE



a Masterclass in Meat...

- www.qguild.co.uk -



BEEF PAVE

MAKING THE ONION CONFIT



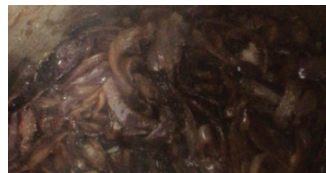
STEP 1

Fry 2.5 kg of sliced red onions and 250g of margarine on high for approx. 10-15 minutes.



STEP 2

When starting to colour, reduce the heat and cook for a further 10-15 minutes.



STEP 3

When caramelised, add 400g of sugar and allow to caramelise with the onions.



STEP 4

When done, add 50g of Pin Head Rusk to absorb the excess liquid and leave to cool.

MAKING THE BEEF PAVE



STEP 1

Cut and batter a 2oz aged centre cut fillet steak.



STEP 2

Top with a good amount of your red onion confit.



STEP 3

Place a large piece of mozzarella on top, then form into a ball shape.



STEP 4

Top with a lattice puff pastry. Make sure to remove the excess.



STEP 5

Form into a perfect ball shape and tuck the pastry under your fillet dome.



STEP 6

Finally, brush with egg wash and cook.

INGREDIENTS

ONION CONFIT

2.5kg Red Onions sliced
250g Margarine
400g sugar
50g Pin Head Rusk

FOR EACH PAVE

2oz Aged, Centre Cut, Fillet
1 good spoonful of onion confit
1 large piece of Mozzarella
Lattice Puff Pastry

COOKING INSTRUCTIONS

Cook each Pave in the centre of a pre heated oven at 180°C for 25-30 minutes, rest for 3 minutes before serving with steamed green veg and chunky chips.

James. A. McMurchie
Quality Butchers

Caroline St, Hetton Le Hole, Tyne & Wear DH5 0DB

Contact John McMurchie or Bryce Lawson for any further advice on j.mac1972@yahoo.com or 0191 526 1661

About the Q Guild

We represent the highest quality butchers and independent meat retailers in the UK. Our 120 members from Inverness to Cornwall, serve £5 million worth of outstanding meat and related products to over a quarter of a million discerning UK consumers every week. Our quality butchers are award winning, leading experts in their field. Quality, passion and craft skills run through their veins. The Q Guild brand is a seal of excellence.

- www.qguild.co.uk -