

Beef stuffed Conchiglioni with foie gras, peas, French shallot reduction, and a beetroot coulis

Recipe for 4 persons

Description

Don't let the many steps frighten, this incredible recipe is simple to create and will impress your guests.

Note

In this recipe you can replace the beef with another meat of your choice (adjusting the cooking time as necessary).

Ingredients

Beef top blade

- 550 Gr Beef top blade
- 2 Unit(s) Foie gras scallop
- 1 Large Carrot
- 1 Large Onion
- 1 Sprig(s) Celery
- 1 Liter(s) Red wine
- 1 Liter(s) Water
- 3 Sprig(s) Thyme
- 4 Clove(s) Crushed garlic

- Salt and pepper

Green peas

- 150 Gr Frozen green peas

- Salt and pepper

Beet coulis

- 180 Gr Red beets
- 500 Ml Beef broth
- 100 Ml Balsamic vinegar
- 9 Gr Agar-agar

- Salt and pepper

Congchiglioni

- 100 Gr Conchiglioni pasta
- 1 Liter(s) Water
- 150 Ml Brown beer
- 10 Ml Apple cider vinegar

- Salt and pepper

French shallot reduction

- 100 Ml Rice wine
- 40 Gr French shallot
- 30 Ml Mirin
- 30 Gr Duck fat
- 100 Ml Rosé d'anjou

- Salt and pepper

Garnish

- 1 Tray(s) Pea sprouts

- Salt and pepper

Preparation

- Preparation time **600 mins**
- Preheat your **four** at **300 F°**

Prep

Start the cooking of the meat in advance, the morning for the night or even the previous night.

Finely dice the French shallots

Dice the beets.

Peel the carrots, onion, and clean the celery. Chop 3 items into a Mirepois (large cubes).

Conchiglioni pasta

Bring the water, beer, vinegar, and two pinches of salt to a boil.

Cook the pasta in the boiling mixture until Al dente, then drain and place in an ice water bath to stop the cooking process.

Petits pois

Bring a pot of salted water to a boil, cook the peas for 5 minutes, then drain and place in an ice water bath to stop the cooking process.

French shallot reduction

Heat the rosé, rice wine, mirin, and French shallots in a pot. Once it begins to boil, remove the pot from the heat and cover it with saran wrap. Let the mixture infuse for 30 minutes, then separate the shallots from the liquid by using a sieve.

Return the liquid to the pot and, on medium heat, reduce it by half. Then add the duck fat and let it incorporate and melt fully. Remove from heat.

Beet coulis

In a pot, bring the beef stock and the balsamic vinegar to a boil. Reduce until you have 150ml of liquid.

Pour the liquid over your cubed beets, mix with an immersion blender. Pour the mixture into a pot and add the agar-agar. While heating on a high heat, mix with a whisk until almost boiling, roughly for one minute.

Mix it again with an immersion blender, set aside and keep warm.

Beef blade and foie gras

Beef blade

In a hot pan with oil, sear all sides of your beef, until nicely coloured. Place seared beef in a casserole that can go into the oven.

In the same pan add your Mirepois (celery, carrot, onion) until the onion becomes translucent. Pour your mixture over the beef and add thyme and garlic.

Add wine and then enough water to just cover everything, cover your casserole with a lid and place it in the oven for 3-5 hours, depending on the size of your beef.

Once done cooking, the beef should fall apart easily with a fork.

Foie gras

Sear the foie gras in a hot pan, colouring both sides nicely, then finish in the oven for 5-6 minutes, just before serving. Cut into small cubes.

Dressing and plating

In the middle of a round white plate, spread a nice circular layer of beet coulis using the bottom of a ladle.

Pour the French shallot reduction in the bottom of each pasta shell, then stuff it with shredded beef and peas and the cooked French shallots. Finish by topping with the foie gras.

Place the stuffed Conchiglioni on the beet coulis in the plate and top with pea sprouts.

Bon appétit!