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Braised Short Rib, Crushed Okinawan Yam, Tokyo Turnip, Dandelion Greens

By Susie Iventosch

(4 servings)



Short Ribs

INGREDIENTS

5 lbs. boneless short rib

Olive oil to sear

Salt and pepper to taste

4 each white onions julienned

4 each carrots, peeled and cut thin

750 ml. Cabernet Sauvignon

Braised short rib, crushed Okinawan yam, Tokyo turnip and dandelion greens Photo provided

16 oz. Balsamic Vinegar

4 quarts beef bouillon

DIRECTIONS

Preheat the oven to 350 F.

Season and sear the beef short ribs with the oil.

Remove the meat from the hot pan.

Sweat the carrots and onion in the same pan until translucent.

Deglaze with the red wine, add the ribs back in with the vegetables.

Once the alcohol has burned off, add the balsamic vinegar and bouillon to the ribs.

Cover with a lid and simmer for 2 1/2 hours, or until fork tender.

Remove meat from the liquid and reduce the liquid until it coats the back of a spoon.

To serve: Add the ribs to the reduced braise and glaze.

Crushed Okinawan Yam

Susie's note: I could not find the Okinawan yam, so I used regular yams, prepared according to Chef Macias' recipe and they were beautiful and tasty with the short ribs!

INGREDIENTS

2 lbs. Okinawan yam

1 half-sheet pan filled with kosher salt for baking

3/4 cup of fruity olive oil

Sea salt

DIRECTIONS

Preheat oven to 350 F and bake the yam on the salt.

Once cooked and fork tender, pull out of the oven and let cool slightly.

Peel the yams while still warm.

Slightly crush the yams with a fork and drizzle in the olive oil.

Season with sea salt and chives.

Glazed Tokyo Turnip

INGREDIENTS

15 Tokyo turnips with greens still attached

1 Tbsp. olive oil

1 Tbsp. butter

1/4 cup chicken broth

Salt and pepper to taste

DIRECTIONS

Boil water for blanching, and season the water heavily with salt.

With a pair of tongs blanch just the turnip while holding the greens above the water for 2 minutes.

Drop the rest of the turnip into the water for a quick 30 seconds.

In a sauté pan add the butter, olive oil and chicken stock and apply medium heat.

Add the turnip and season with salt and pepper.

To plate the meal: Dandelion leaves, lemon vinaigrette, Maldon salt, olive oil

Place a spoonful of the yam on the side of the plate and place the glazed rib next to the yam. Lay the turnips around the ribs. Finish with Maldon salt. Dress the dandelion leaves in lemon vinaigrette and lay a couple of the long leaves gently on the meat and yam. Drizzle with olive oil.

Cereal Milk Panna Cotta, Cornflake Clusters, Macerated Strawberries, Caramelized Banana

(8 servings)

Panna Cotta

INGREDIENTS

Susie's note: Most food scales have both gram and ounce options, but in case you do not have a gram measurement device, I have put close conversions in parenthesis.

256 grams cornflakes (8.9 oz. or 5 cups)

710 grams milk (25 oz. or 3 cups)

470 grams heavy cream (22 oz. or 2 cups)

30 grams brown sugar (1.1 oz. or 3 Tbsp.)

2 grams salt (.1 oz. or 1 tsp.)

4 sheets of gelatin

DIRECTIONS

Preheat oven to 350 F.

Bloom gelatin. (Bloom means to soften according to directions.)

Toast cornflakes for about 5-7 minutes.

In a bowl scale out the milk and heavy cream. Add the corn flakes and steep for at least 40 minutes.

Strain through a fine mesh sieve, add sugar and salt.

Heat the mixture until it is warm and add the gelatin sheets.

Remove from heat and pour into silicon mold and freeze.

Unmold when completely set.

Cornflake clusters

INGREDIENTS

55 grams (1/4 cup) gianduja chocolate-a paste made from 70% dark, sweet chocolate and 30% hazelnut paste

2 grams vegetable oil (1/2 tsp.)

1 gram salt (1/2 tsp.)

75 grams 70% dark chocolate (2.5 oz.)

5 grams corn syrup (1/2 tsp.)

100 grams cornflakes (3.57 oz. or 2 cups)

DIRECTIONS

Melt 70% chocolate over double boiler.

Add oil, corn syrup, salt, gianduja and corn flakes.

Fold until evenly coated and spread on a sheet tray lined with parchment paper.

Place in cooler and break into pieces when set.

Macerated strawberries

1 lb. strawberries

3 Tbsp. sugar

Caramelized banana

1 banana

3 Tbsp. sugar

Slice the banana coat one side in sugar and torch until caramel is light amber color

To plate: Crushed corn flakes

Center the panna cotta on the plate. Quarter cut the strawberries and place in staggering pattern with the caramelized banana. Break off pieces of cornflake clusters on top of the panna cotta. And sprinkle crushed corn flakes around the plate.

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