

## Pro Tip Recipes

PREP TIME 20 MIN | COOK TIME 4 HOURS | SERVES 10

### CORNERED BEEF SILVERSIDE WITH MUSTARD SAUCE

#### Method

1. Place beef in a large saucepan with carrots, onions, juniper berries, peppercorns, parsley, bay leaves and thyme. Cover with cold water, add vinegar and bring to the boil. Reduce heat to low, then cover and simmer, skimming surface occasionally, for 3- 4 hours or until meat is very tender.
2. For Mustard Sauce: Melt butter in a saucepan over medium heat. Add flour. Cook, stirring for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until combined. Return to heat. Cook, stirring for 3 to 4 minutes or until mixture boils and thickens. Remove from heat. Stir in mustard and parsley.
3. Drain beef, discarding liquid and vegetables. Thinly slice meat, then serve with seasonal roast vegetables and sauce. Garnish with parsley.

#### INGREDIENT LIST

##### Beef

- 1.3kg piece corned silverside

##### Other Ingredients

- 150g carrots, roughly chopped
- 150g brown onions, quartered
- 6 dried juniper berries
- 12g black peppercorns
- 60g flat leaf parsley
- 3 bay leaves
- 10g thyme
- 60mls apple cider vinegar
- Seasonal roast vegetables to serve
- Flat leaf parsley, chopped to serve

##### Mustard Sauce

- 100g butter
- 50g plain flour
- 1 litre milk
- 20g wholegrain mustard
- 80g chopped flat leaf parsley

##### Serving Suggestions

- Seasonal roast vegetables

