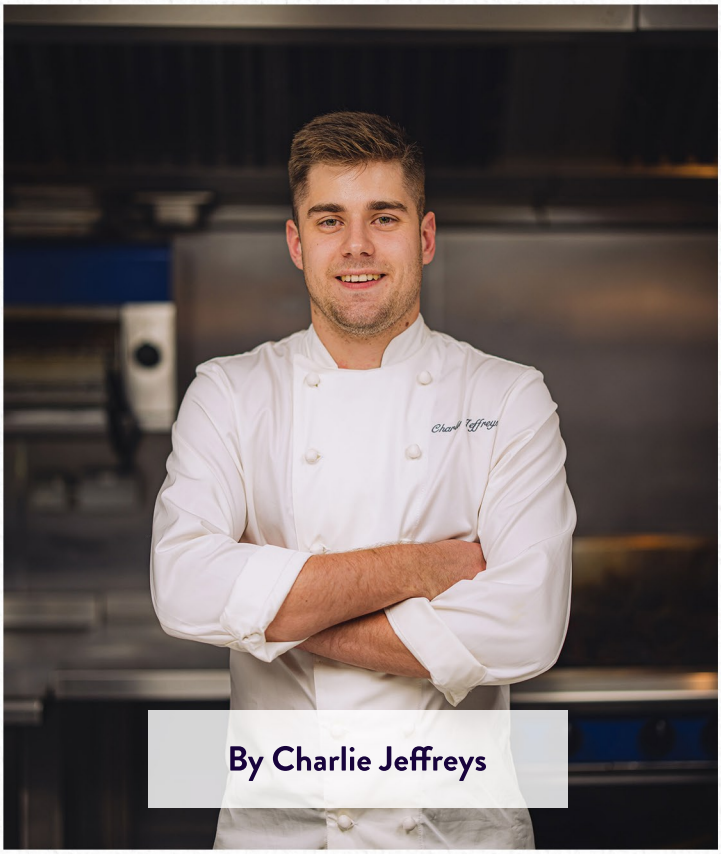
Beef Jus

Prep Time: 20 minutes Cook Time: 30 minutes Serves: 4



Ingredients

- Beef trimmings/ bones 200g
- x2 banana shallots (sliced)
- x2 cloves garlic/sprig of thyme
- 600ml chicken stock
- 600ml beef stock
- 100g unsalted butter
- 1 tsp black peppercorns
- 2 tbsp olive oil

Method

Chop bones and trimmings into 2/3cm cubes, heat a heavy cast iron sauce pan with the olive oil and when nearly smoking add the bones and trimmings and leave to give a dark sear. Once coloured on the first side flip and colour on the other and continue doing this until all the meat has dark caramelised finish.

Then continue colouring adding the 100g butter, the butter should start to foam and be a blonde/brown colour. Now turn down the heat and add your sliced shallots, garlic, thyme and peppercorns and sweat all this.

Pour out the butter from the pan taking care it will be extremely hot, then deglaze with 200ml chicken stock and reduce until you create a very sticky sauce repeated the deglazing step twice more and you should be left with a syrup coaTng the beef. Now you add your beef stock to cover the meat then simmer this for 1 hr until you have a consistency of a jus.