



## **CONFIT ASPARAGUS WITH HAY HOLLANDAISE AND BEEF ONGLET WITH GREMOLATA AND BITTER LEAVES**

**BY JOSH BARLOW**

### **CONFIT ASPARAGUS WITH HAY HOLLANDAISE**

#### **INGREDIENTS:**

20 grams of pet shop hay  
2 blocks of salted butter  
3 egg yolks  
20ml white wine vinegar  
Pinch of salt  
1 Lemon  
Asparagus x 5 pieces per person

#### **METHOD:**

Place the hay into a deep pan and douse with a little water (this will stop the hay from completely catching on fire and burning through)  
Burn the hay with a blowtorch then place one block of butter in the pan, allow it to melt and infuse on a low heat for 2-3 hours  
Pass through a fine sieve to remove the hay and use in liquid form for the hollandaise.  
To make the hollandaise put the egg yolks in a bowl with the vinegar and salt.  
Whisk over a pot of simmering water until the mixture is doubled in volume and has gone light and fluffy.  
Begin drizzling a thin stream of hay butter, do this very slowly at the start while whisking to begin the emulsion process. Continue until all the butter is incorporated.  
Check the seasoning and add lemon juice to taste.  
To confit the asparagus, lay them in a shallow tray along with the second block of butter. Cook gently over a low heat until tender.  
Put on a plate and cover with the hay hollandaise!

### **BEEF ONGLET WITH GREMOLATA AND BITTER LEAVES**



## **INGREDIENTS:**

- 1 cup wild garlic or parsley
- 3-4 anchovies
- 2 lemons zested and one squeezed
- 100ml olive oil
- 1 head of radicchio
- 1kg Onglet
- 2 cloves garlic finely chopped
- ½ cup parsley finely chopped
- ¼ cup red wine vinegar (1 good splash)
- 100 ml reduced beef stock
- 2 pieces of bone marrow chopped up

## **METHOD:**

Place the wild garlic/parsley, anchovies, lemon zest and juice along with the olive oil into the blender and blitz to make the gremolata. Season to taste.

Cut the radicchio into smaller leaves and put in iced water to make them crisp.

Preheat the oven to 180°

Season your cut of onglet with salt and pepper, cut the meat into 3-4 pieces to allow it to cook quicker and more evenly.

In a pan with a generous dash of oil on high heat cook the meat, rotate in the pan to caramelize then pop into the oven to cook through for a further 6-8 minutes then allow to rest for a minute or two.

Put the pan with the meat residue back on the heat and fry the bone marrow, throw in the parsley then add the red wine vinegar to deglaze the pan then add the reduced beef stock stir until combined and transfer to a sauce dish and spoon over the meat.

For the final step, dress the radicchio with the gremolata and serve alongside the meat with the bone marrow sauce.

---

## **FURTHER LINKS**

<https://www.thegroverestaurant.co.nz>



To find out more about the Whānau Living TV series visit our website:

**<http://www.whanauliving.co.nz/>**

another Adrenalin Group Production