

JOBURG THEATRE

VALENTINE'S DAY RECIPES

STARTER

Grilled Hanger Steak / butchers cut with red wine* shallots

INGREDIENTS

85g butter
300g piece of Hanger steak, trimmed into a neat fillet, keep trimmings aside, seasoned with salt & black pepper
2 shallots, 1 finely chopped, 1 finely sliced into rings
1 thyme sprig
1 bay leaf
½ tsp plain flour
300ml red wine*
Handful finely chopped parsley
1 small ciabatta bread
5ml Olive oil
Dijon mustard, to serve

*Red wine can be replaced with half vegetable stock & half tomato juice.

METHOD

1. To make the base for the sauce, heat a third of the butter in a shallow pan and sizzle the meat trimmings, chopped shallots and herbs until lightly browned. Scatter over the flour, cook for a few mins until pasty, then pour over the wine and boil until reduced by half and slightly syrupy. Strain the sauce through a fine sieve into a jug and set aside until needed. Can be made up to 2 days in advance, covered and chilled.
2. Heat another third of the butter in a frying pan until sizzling. Fry the well-seasoned steak in the butter for about 12 mins in total so it's caramelized on all sides. This cut of meat only suits being cooked to a maximum of 15 mins for medium – 12 mins will give you rare. Remove the meat from the pan and leave to rest.
3. Add a touch more butter to the pan and cook the sliced shallots until caramelized. Pour in the prepared sauce, bring back to a simmer and stir in any remaining butter. Taste the sauce for seasoning and turn off the heat.
4. Slice the ciabatta bread thinly and toast and brush with Olive oil. Toast on a dry pan until brown and crisp
5. Carve the steak into slices across the grain and place on the sliced ciabatta that has been brushed with Dijon mustard. Spoon over the saucy shallots and pour over the reserved sauce. Scatter over the parsley and serve with extra mustard on the side.



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MAIN COURSE

Roasted Duck Breast with Plum Sauce

INGREDIENTS

2 duck breasts
1 thyme
1 star anise
75g butter
2 large potatoes
150ml full cream
50ml whole grain mustard
Salt & pepper
300g baby spinach

FOR THE PLUM SAUCE

1 red onion, finely chopped
1 tbsp. olive oil
250g dark red plums, halved, stoned and cut into small wedges
50g unrefined brown sugar
50ml red wine*
300ml beef stock

*Red wine can be replaced with half vegetable stock & half tomato juice.

METHOD

1. For the sauce, fry the red onion in the oil for 5 mins or until softened but not colored. Add the plums and sugar, stirring for a few mins until the sugar has dissolved. Add the red wine and stock, then simmer for about 15 mins, stirring occasionally, until softened and slightly thickened. Keep warm or leave at room temperature for up to a day before reheating to serve.
2. Peel & boil potatoes until soft. With a potato masher, or a whisk, smash potatoes until smooth. Add in 25g butter, 50ml whole grain mustard & 150ml cream. Whisk again. Add salt & black pepper to taste.
3. In a medium pan, add 25g butter to melt. Add in baby spinach and sauté for 5mins. Season with salt & pepper
4. Meanwhile, heat the oven to 180C/ 160C fan/gas 4. Score the skin of the duck breasts with a sharp knife and season well with salt and pepper. Heat a non-stick frying pan and place the duck breasts in, skin-side down. Fry for 6-7 mins, then turn and add the thyme, star anise and 25g butter. Allow this to melt, basting the duck with the juices, then transfer everything to a small roasting tin and finish in the oven for 5-6 mins for pink or 10-12 mins for well done.
5. When the duck is ready, baste again with the juices, and then rest for 5 mins while you finish everything else.
6. To serve, thinly slice each duck breast on a chopping board. Arrange on each plate along with a spoonful of the creamed potatoes, some of the plum sauce and the buttered spinach.

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DESSERT

Salted Caramel Choc Pots

INGREDIENTS

4 tbsp. canned caramel
½ tsp sea salt, plus extra to serve
85g each milk and dark chocolate, broken into squares
1-2 long, thin, plain grissini sticks
2 tbsp. unrefined brown sugar
100ml double cream, at room temperature
50ml cream, at room temperature

METHOD

1. Mix the caramel with the salt, divide between 2 small glasses and chill.
2. Melt the chocolates together in a glass bowl set over a pan of barely simmering water. Snap the grissini into short lengths, then dip each end into the chocolate to coat a little. Sit on a wire rack for the chocolate to drip and set a little, then dip the chocolate ends into the sugar to coat. Sit in an airtight container lined with baking parchment and chill to set until ready to serve.
3. Stir the double cream and milk into the remaining melted chocolate until smooth, then scrape into a jug. Slowly pour on top of the caramel, around the edges first. Chill the pots for at least 2 hrs, or up to 24 hrs.
4. To serve, scatter a little more sea salt on top of each pot, then add one or two sugar-tipped grissini.



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