



Recipes

PROGRAM 5 - SEGMENT 4

Ford's Filling Station

BRAISED KOBE CHEEKS

Serves 2-3

INGREDIENTS

6 Kobe Cheeks
Salt & Pepper
Veal Jus
1 Spanish onion, roughly chopped
3 Carrots, roughly chopped
1/2 Celery Stalk, roughly chopped
4-6 Bay Leaves
2 Quarts Veal Jus

METHOD

Season each side of Kobe cheeks with salt and pepper. Sear cheeks until brown and remove from pan. Sauté onion, carrots, celery and cook with bay leaves in the Kobe juices until tender.

Pour Veal Jus over the top of vegetables and bring to a simmer. Preheat oven to 350°F. Place seared cheeks into the pot and place in the oven to braise for approximately 4 hours, or until extremely tender. Let cheeks cool in the broth for approximately 30-45 minutes. Remove cheeks and wrap until needed. Strain the braising liquid, and put onto a burner and reduce by half.



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Continued:

To Assemble and Serve:

Place reduced braising liquid and Kobe cheeks into a pot and bring to a simmer. Hold on low heat to keep warm.

Plate with Cous Cous into the center, place Cavolo Nero on top of Cous Cous and top with Kobe Cheeks. Place some braised mushrooms or roasted vegetables on the side and sprinkle with Salsa Verde.

CAVOLO NERO

INGREDIENTS

Large Bunch Cavolo Nero, coarsely chopped
Garlic, finely chopped
Shallots, finely chopped
Olive Oil

METHOD

Place in a hot pan, oil and garlic that have been poached in olive oil. Add Cavolo Nero, shallots and sauté. Place pan briefly in oven to toast vegetables slightly.



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Continued:

CAULIFLOWER COUS COUS

INGREDIENTS

2 Small Heads of Cauliflower.
3 TBSP Three Pepper Relish
1 TBSP Mint, finely chopped
½ -3/4 Cup Cous Cous
Butter

METHOD

Start by finely shaving the florets of the cauliflower with a knife being careful not cut into the stem. The cauliflower should resemble the grain size and texture of Cous Cous once all the florets have been shaved off the head.

Place some oil in a hot pan and add Cous Cous. Cook until Cous Cous colours slightly on the bottom. Add a few spoonfuls of prepared pepper relish, fresh chopped mint and a few knobs of butter and mix together. Place pan in oven to toast lightly.



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Continued:

THREE PEPPER RELISH

INGREDIENTS

- 1 17oz Can Roasted Red Peppers
- 2 Jalapeno Peppers
- 2 Red Fresno Chile Pepper
- 5 oz Honey
- 1 Bunch Cilantro, finely chopped

METHOD

Strain the red peppers from the can and reserve juice, add honey to the pepper juice and reduce slowly until thick and syrupy. Roast the jalapeno and Fresno chillies, peel and de-seed. Then finely dice all the peppers and mix together. Mix cilantro into three pepper mix, then add the reduce syrup and season with salt and pepper to taste.



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Continued:

SALSA VERDE

INGREDIENTS

3 Cups Loosely Packed Fresh Italian Parsley Leaves
1/2-Cup Extra-Virgin Olive Oil
3 Green Onions, sliced
3 TBSP Fresh Lemon Juice
3 Garlic Cloves, peeled and minced
2 Anchovy Fillets, chopped, drained Optional
1 TBSP Capers, drained
1 1/2 TSP Grated Lemon Peel

METHOD

Combine all ingredients in a bowl, tossing until thoroughly mixed.

**All recipes displayed with kind permission from Ford's Filling Station.
Results may vary.**