



Minced Restaurant and Catering

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Crispy Bulalo and Bone Marrow Flan

By: Chef Danilo B. Puga II

Prep time: 2 hours

Cooking time: 30 minutes

Ingredients:

For the CRISPY BEEF:

500 grams	Beef Brisket
1 tbsp	Salt
1 tsp	Black Pepper, ground
1 pc.	Knorr Beef Cubes
2 L	Water
3 tbsp	Cornstarch
	Oil for frying

For the BONE MARROW FLAN

1 pc	Egg
½ cup	Cooking Cream
¼ cup	Parmesan Cheese
2 tbsp	Spring Onion
To taste	Salt
To taste	Black Pepper, ground
1 pc	Beef Shank (bone only), halved and boiled, with bone marrow

For the SINIGANG GRAVY:

1 tbsp	Butter
1 tbsp	All Purpose Flour
1½ cup	Beef Stock
1 tsp	Soy Sauce
½ tbsp	Knorr Sinigang Mix Original
To taste	Salt
To taste	Black Pepper, ground

For the garnish:

1/2 cup	Micro Arugula
3 pcs	Shallots, peeled and blanched
2 pcs	Cherry Tomato
	Edible flowers (optional)

Procedure:

For the Crispy Beef

1. In a small pot, combine water, salt, black pepper, beef brisket and Knorr Beef Cubes. Let it boil and cook until tender. Remove the beef brisket from the pot. Let it cool. Save the stock for the sinigang gravy.
2. Flake the brisket into fine floss. Season with salt and black pepper. Add the cornstarch until all beef fibers are well dredged.
3. Prepare the oil for frying. Fry until golden. Drain in paper towels to remove excess oil. Set aside

For the Bone Marrow Flan

1. Combine egg, cooking cream, parmesan cheese, bone marrow, spring onion, salt and black pepper. Mix until well incorporated.
2. Pre-heat your oven 200 deg F.
3. Prepare the halved beef bone and line both ends with aluminum foil. Pour the mixture and bake for 10-15 minutes until the mixture is cooked and well set.
4. Set aside once cooked.

For the Sinigang Gravy

1. In a small sauce pan, add the butter and cook until melted. Add the flour and mix until well combined.
2. Add the beef stock, soy sauce, Knorr Sinigang Mix Original and stir well. Simmer for 10 minutes.
3. Check the seasoning and adjust if necessary. Strain the sauce into a bowl to achieve a smoother consistency.