

Beef & Pork Rissoles with 'Loaded' Gravy



I'm not sure if you've noticed but I am rather a big fan of food. All food. However, given the opportunity, it is the old fashioned classics that I really love, particularly when I bring them up to date with a whopping makeover. Rissoles were a staple when I was a kid but truth be known, they were never my favourite. My Mum was an inspirational cook but there was only so much you could do with a bit of mince and gravy back in the day. That being the case, it was high time for an Em's Food challenge. Bringing these babies out of the 60's and loading them up with some serious 2017 flavour. I'll let you be the judge but my Husband said they were the best Rissoles he had ever had. #recipesuccess ☐

Just a tip.....to speed up the process of chopping herbs and garlic, get yourself a ring-pull chopper. They can be found

at most kitchen shops and range in price. I have one from Tupperware that was \$60 and one from Robin's Kitchen that was \$10, they are both good. Perfect for herbs, aromatics and nuts and they save loads of time.

Prep time: 25 Minutes Cooking time: 40
minutes \$\$ Medium Budget

Serves 4 (with leftovers....awesome on sandwiches)

1kg of Beef & Pork mince (Coles has it already combined)

3 cloves of garlic, finely minced

2 sprigs of rosemary, leaves removed and stalks discarded and finely chopped

6 thyme sprigs, leaves removed and stalks discarded and finely chopped

1 tsp of dried oregano

1 tbs of dijon mustard

1 tbs of tomato paste

1 tbs of Worcestershire sauce

1 egg

1/2 cup of breadcrumbs

Sea salt and pepper

Thyme leaves for garnish

Sweet Potato or Potato mash to serve

For the Gravy:

1 tbs of plain flour

1/2 cup of red wine

1 1/2 cups of beef stock

6 slices of pancetta, roughly chopped

1 red onion, halved and sliced

2 large portobello mushrooms, halved and sliced

1 sprig of rosemary, leaves removed and stalks discarded, finely chopped

3 sprigs of thyme, leaves removed and stalks discarded, finely chopped

1 tbs of balsamic vinegar

1 tsp of Parisienne browning essence (optional)*

In a large mixing bowl combine the mince, garlic, herbs, mustard, tomato paste, Worcestershire, egg, breadcrumbs and salt and pepper with your hands for best results. Rinse your hands and while they are wet, shape the mixture into 8 even sized rissoles, really working them between your hands so they are nice and firm. Place them on a tray and refrigerate for 20 minutes if you have time. This helps the mixture to bind. If not, they will still be fine, just a little more delicate to handle.

Heat a large frying pan and add a little oil. Fry the rissoles on both sides until golden, being careful when flipping so they don't break apart. Once golden, remove and set aside on a plate while you make the gravy.

Add a little more oil to the pan and fry the onion, pancetta, mushrooms, rosemary and thyme until the onion has softened and the pancetta is nice and caramelised. Sprinkle over the flour and stir to combine, cooking the flour for 1-2 minutes. Pour in the red wine, beef stock and balsamic vinegar and stir while the mixture starts to thicken and comes to a simmer.

Once simmering, place the rissoles back in the pan and scoop the sauce over so they are coated. Cook on one side for 8 minutes, adding a little stock or water if the gravy becomes too thick. Turn over and cook for a further 8 minutes, again coating the top of the rissoles with the sauce. Keep an eye on the gravy and continue to add a little more water stock or water (you shouldn't need much as you want the gravy to be lovely, luscious and thick).

Serve the rissoles on a bed of your favourite mash. Spoon over the gravy and scatter over a few thyme leaves. Steamed greens on the side are a winner!

*Parisienne essence can be found in the cake baking section of the supermarket. It has been around for many moons and gives your gravy a lovely rich colour but does not effect the flavour. It is totally optional.....

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