

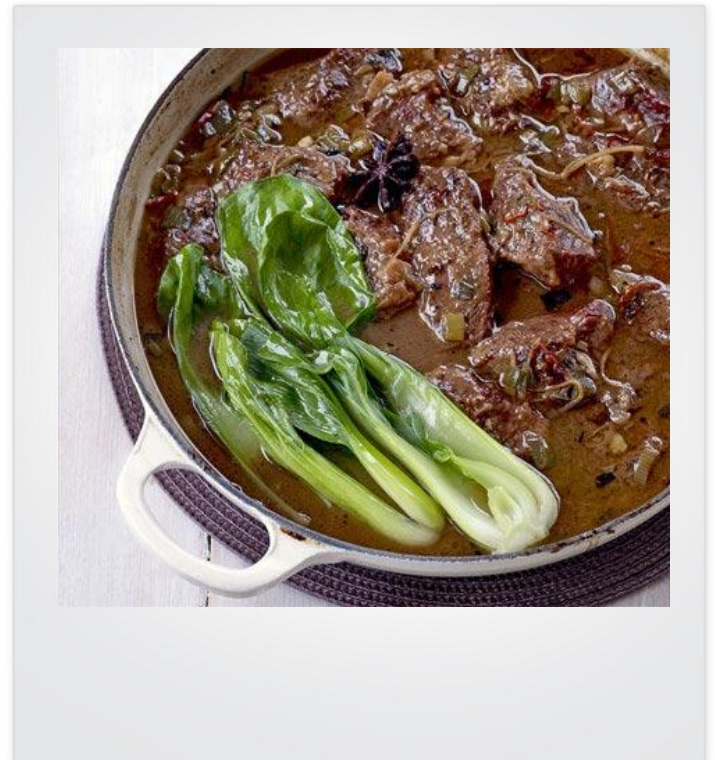
Braised Beef Chinese Style

This easy, one-pot recipe is quick to prepare and delicious. Polly finds it goes down very well at dinner parties. The beef becomes fall-apart tender and the spices give it a great flavour.

Serves: 6
Prep Time: 10 mins
Cooking Time: 2 ½ Hours
Cuts to use: Braising Steak
Serve with: Pak Choi, Basmati rice

Ingredients

- 3 tbsp olive oil
- 6 garlic cloves
- Thumb sized piece of fresh ginger
- Bunch spring onions
- 1 red chilli
- 1 ½ kg braising steak
- 2 tbsp plain flour
- 2 star anise (optional)
- 1 tsp Chinese five-spice powder
- 2 tsp sugar
- 3 tbsp Chinese cooking wine (or dry sherry is fine)
- 3 tbsp dark soy sauce
- 500ml beef stock



Method

1. Heat 2 tbsp of olive oil in a large casserole dish. Finely chop the ginger, garlic, spring onions and chilli then fry for 3 minutes until soft. Remove from the casserole dish.
2. Toss the beef in flour then season. Add one more tbsp olive oil to the casserole dish then brown the meat, in batches if you need to. This should take about 5 minutes per batch. Remove the beef from the pan.
3. Add the five spice and star anise, followed by the ginger, chilli etc. you cooked earlier. Fry for 1 minute until fragrant, then add the sugar and the beef, stirring until combined. Keeping the heat high, add the chinese cooking wine, scraping off any meaty bits that stick to the pan (they have lots of flavour).
4. Heat your oven to 150°C/fan 130°C/gas 2. Pour the soy sauce and stock into the casserole, bring to a simmer and then cover. Pop it into the oven for a long slow cook, stirring halfway through. Season with more soy as needed.