

Serves 4-6

Southeast Asian aniseed beef braise

with aromatic Asian flavours in
a rich, dark broth



ANZCO
FOODS



Ingredients

Braised beef

1.5kg of ANZCO Foods oyster blade beef

2 Tbsp flour (seasoned with salt & pepper and chilli powder)
2 Tbsp rice bran oil
1 Tbsp sesame oil
2 red onions, roughly chopped
4-5 medium garlic, finely chopped
1 piece of ginger (2cm), peeled & grated
2 coriander roots finely chopped
½ cup coriander, finely chopped
1 strip orange peel (pith removed)
2 Tbsp oyster sauce

100ml kecap manis
1 cup red wine
2 Tbsp balsamic vinegar
1 Tbsp gochujang paste
3-4 whole star anise
2 Tbsp brown sugar
500ml beef stock

Asian salad garnish

Crushed roasted peanuts
Coriander leaves
Mint leaves
Clove of finely chopped garlic
Lime zest, spring onion, red chilli

Method

1 Preparation of the ANZCO Foods oyster blade beef

Dry the blades with a paper towel and cut into 2-3cm cubes. Coat in seasoned flour. Heat both oils together and sear the meat until they have a golden (not burnt) crust. Set aside.

2 Making the braise

Using an oven-safe dish (with a lid), gently fry the onions, once softened, add garlic, ginger and coriander root. Stir to prevent sticking (any burn at this stage could make the braise bitter). Cook for 2-3 minutes.

Add coriander leaves and orange peel then cook for a further minute. Add the sugar and gochujang - cook for a further minute. Add sauces and stir to combine.

Gently add wine, stock, vinegar and stir to combine.

Add meat and bring temperature up to a high simmer.

Cover everything with a cartouche (a cartouche is baking paper cut to the diameter of your dish, placed on top of the broth to act as a seal).

Put the lid on your dish and place in the oven on 150°C for 3 hours.

3 To Serve

Season the braise, top with the Asian salad garnish and serve with fluffy jasmine rice.

Plate and enjoy.

