



Recipe name:

Soy Braised Beef Stew

Recipe description:

Super flavourful and tender and not too rich!

Prep time:

5 mins

Cook time:

2 hrs

Serves:

4

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Lunch / Dinner / Main

Occasion:

Family Recipe / Dinner Party

Ingredients:

FOR THE STEW:

- 2 shallots, roughly chopped
- 1 tbsp galangal paste (if you can't get this, just do 2 tbsp ginger instead)
- 1 tbsp fresh ginger, roughly chopped
- 2 large cloves garlic, roughly chopped
- Olive oil
- 1 kg beef shin, cut into 1-2-inch chunks
- 1 tbsp chinese rice wine

- 1 tsp chinese 5 spice
- 2 star anise
- 1 tsp ground coriander
- 100 ml soy sauce
- 1 tbsp fish sauce
- 400 ml beef stock
- 100 g PEPPADEW® Sweet Piquanté Peppers Mild/Hot Whole, halved

FOR THE RICE:

- 320 g basmati rice
- 1 kaffir lime leaf

TO SERVE:

- 1 tbsp sesame seeds
- 3 spring onions, finely sliced
- 250 g pak choi, sliced
- 1 fresh lime, cut into wedges
- 4 PEPPADEW® Sweet Piquanté Peppers Mild/Hot Whole, roughly chopped

Method:

1. Preheat oven to 160°C.
2. Blitz the shallots, garlic, galangal and ginger with one of the Sweet Piquanté Peppers, 1 tbsp of oil in a blender with a splash of water to make a paste.
3. Heat another 2 tbsp oil in a large ovenproof pan on a high heat, and brown the beef in batches, adding more oil if necessary, then remove to a plate.
4. Turn the heat back on to low, and add another 1 tbsp oil to the pan then pour in the shallot, garlic and ginger paste and cook for 1-2 minutes, stirring regularly, until fragrant.
5. Add the beef and all the juices back to the pan along with the 5 spice, star anise and coriander and stir to coat.
6. Pour in the rice wine and stir to deglaze any bits of beef that have stuck to the pan, then pour in the soy sauce, fish sauce and hot beef stock.
7. Bring to the boil, then transfer to the oven to simmer for 2 hours, until the beef is tender. After 1.5 hours, stir in the Sweet Piquanté Peppers.
8. Meanwhile cook the rice. Rinse under cold running water to remove the starch, until the water runs clear. Transfer to a saucepan, and pour over water until it covers the rice by about 1 inch, and add in the kaffir lime leaf. Bring to the boil, then cover with a lid and turn the heat down to low. Leave for 10 minutes, then remove from the heat, keeping the lid on and allow to sit for another 10 minutes. Remove the lime leaf before serving.
9. While the rice is cooking, stir fry the pak choi in a little oil for 2 minutes, then remove from the heat.
10. After the 2 hours is up, remove the stew from the heat and leave it to sit with the lid on for 30 minutes before serving.
11. Serve the stew with the rice and pak choi, topped with spring onions, a squeeze of fresh lime, sesame seeds, fresh coriander and Sweet Piquanté Peppers.

NOTE:

If you want to make this the day before – even better as it really absorbs all the flavours and will be even more delicious! Allow the cooked stew to cool completely before putting in the fridge overnight. Remove from fridge and allow to come to room temperature before reheating to serve. Cook the rice and pak choi on the day.

SERVING SUGGESTION:

Dumplings, mashed potatoes or sweet potato mash are great alternatives to rice.