



SOUTHEAST ASIA

# RECIPES

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# MAIN COURSE

BRAISED BEEF CHEEKS WITH BAK KUT TEH HERBS, SAUTEED APRICOT BAO MUSHROOMS, LIGHT POTATO MOUSSELINE AND BOK CHOY

## PREPERATION TIME

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Preparation time	Cooking time
1.5 hours	3.5 hours

## INGREDIENTS - (SERVES 4)

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### BRAISED BEEF CHEEKS

- 2 beef cheeks (or beef brisket cut into pieces if cheeks not available)
- 1 pkt Bak Kut Teh herbs (*available at all good Chinese supermarkets; you can use extra spices as below or dried ginseng and dried ginger if Bak Kut Teh is not available*)
- 1 cinnamon stick
- 1 garlic head
- 2 star anises
- 10g/1/3oz Szechuan peppercorns
- 1 bay leaf
- 20g/3/4oz light soy sauce
- 100g/3 1/2oz dark soy sauce
- 200g/7oz oyster sauce
- 50g/1 3/4oz sugar
- 1L/35fl oz water
- 300g/10 1/2fl oz veal stock (*ready-made is fine; substitute with beef stock if veal not available*)

### SAUTEED APRICOT BAO MUSHROOMS

- 4 fresh apricot bao mushrooms
- 40g/1.4oz raisins
- 1/2 white onion (*chopped*)
- 1 head garlic (*chopped*)
- 50g/1 3/4oz sugar
- 30g/1oz balsamic vinegar
- 30g/1oz sherry vinegar
- Salt and pepper

### POTATO MOUSSELINE

- 300g/10 1/2 oz potatoes
  - 80g/2.8oz butter
  - 50ml/1 3/4 oz cream
  - 70ml/2.4fl oz milk
  - Salt and pepper
- NB: Rice can be served instead of potato mousseline if preferred.*



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## PREPARATION METHOD

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### FOR THE BEEF CHEEKS

- 1/ Preheat the oven to 110°C/225°F/gas 1/4.
- 2/ Cut the majority of the fat off the beef cheeks.  
  
Marinate the beef cheeks with the two soy sauces,  
3/ rock salt and pepper for at least 2 hours.
- 4/ In a large pan, brown off the chopped onion and garlic and then seal the beef on both sides.
- 5/ Add the stock, Bak Kut Teh herbs, cinnamon sticks, star anises, Szechuan peppercorns and bay leaf.
- 6/ Boil for approximately ½ hour then add seasoning.
- 7/ Cover the pan, reduce the heat and boil for another ½ hour. Set aside.
- 8/ Place the beef cheeks in a deep baking tray.
- 9/ Pour in the Bak Kut Teh stock through a strainer and over the beef cheeks, then cover with aluminium foil.
- 10/ Place in the oven and bake for 3-3½ hours until tender.
- 11/ Drain the stock from the beef cheeks and save.
- 12/ In a pan, season the stock to taste.



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## PREPARATION METHOD

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### FOR THE MUSHROOMS

- 1/ Sauté the garlic and white onion until brown.
- 2/ Add in the apricot bao mushrooms and sauté until the fragrance emerges.
- 3/ Add in the balsamic vinegar and sherry vinegar.
- 4/ Add in the raisins.
- 5/ Simmer until soft, then add sugar.
- 6/ Season with salt and pepper.

### FOR THE MOUSSELINE

- 1/ Put the potatoes in a saucepan and add  $\frac{1}{2}$  teaspoon salt and enough milk and water to cover the potatoes. Only use a dash (20ml/2/3fl oz) of milk, enough to turn the water milky so the potatoes stay white.
  - 2/ Bring to the boil, reduce the heat and simmer, covered, for 15-20 minutes or until cooked. Drain the potatoes.
  - 3/ Pass the potatoes through a strainer to mash them. Set aside.
- In a pan, heat up the 50ml/1 $\frac{3}{4}$  oz of milk and cream
- 4/ (*be careful not to boil*).
  - 5/ Add in the mashed potatoes and butter. Season with salt and pepper.



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#### TO SERVE

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- 1/ Blanch the bok choy in a pan of boiling water with salt and 10g/1/3oz oil.
- 2/ Cook and drain. Set aside.
- 3/ Place a tablespoon of potato mousseline on a plate.
- 4/ Arrange the beef cheeks with the apricot bao mushrooms on top.
- 5/ Serve the bok choy on the side.
- 6/ To finish, garnish with freshly chopped coriander and serve some chilli-garlic soy sauce in a separate dish.