MAIN COURSE

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

PREPARATION TIME

<table>
<thead>
<tr>
<th>Preparation time</th>
<th>Cooking time</th>
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<td>1.5 hours</td>
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INGREDIENTS - (SERVES 4)

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 anise
- 10g/1/3oz Szechuan peppercorns
- 1 bay leaf
- 20g/¾oz light soy sauce
- 100g/3½oz dark soy sauce
- 200g/7oz oyster sauce
- 50g/1¼oz sugar
- 1L/35fl oz water
- 300g/10½fl 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
- ½ white onion (chopped)
- 1 head garlic (chopped)
- 50g/1¼oz sugar
- 30g/1oz balsamic vinegar
- 30g/1oz sherry vinegar
- Salt and pepper

POTATO MOUSSELINE
- 300g/10½ oz potatoes
- 80g/2.8oz butter
- 50ml/1¾ oz cream
- 70ml/2.4fl oz milk
- Salt and pepper

NB: Rice can be served instead of potato mousseline if preferred.
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.

Marinade 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.
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 ½ 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/1¼ oz of milk and cream

4/ (be careful not to boil).

5/ Add in the mashed potatoes and butter. Season with salt and pepper.
TO SERVE

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.