

HOI SIN BRAISED CHUCK WITH POTATO PUREE AND SESAME ROASTED BROCCOLI



Yields:
4 portions



INGREDIENTS

For the Beef

60 ml	Vegetable oil
1 kg	Chuck Flat, cut into desired portions
50 g	Fresh Ginger, peeled and sliced
70 g	Garlic, peeled and smashed
5 ml	Five Spice Powder
60 ml	Dry White Wine
125 ml	Soy Sauce
125 ml	Hoi Sin Sauce
125 ml	Orange Juice, (zest reserved)
10	Green onions (whites only, reserve greens)
1	Cinnamon Stick
2	Star Annise
500 ml	Beef Stock



DIRECTIONS

1. Heat oven to 350F.
2. In a heavy pan, heat oil.
3. Lightly season beef and sear on all sides. Remove from the pan.
4. Drain excess oil, leaving about 15 ml. Quickly sauté ginger, garlic, and green onion whites.
5. Add the remaining ingredients. Stir and bring to a boil.
6. Remove from heat and add the beef back to the pan.
7. Cover with a tight-fitting lid or aluminum foil and braise in the oven for 3 – 3.5 hours or until tender.

8. Remove the beef and skim any fat.
9. Strain the braising liquid and keep hot.
10. Turn the oven to broil and place the beef on a baking tray.
11. Brush the tops of the beef with hoi sin sauce and caramelize under the broiler.
12. Serve with parsnip chip, orange zest, thinly sliced green onion tops, sesame seeds and reserved braising liquid.

INGREDIENTS

For the Potato Puree

600 g	Yukon Gold Potato, peeled & Diced
200 ml	Whipping Cream
90ml	Butter
Dash	Salt and Pepper

DIRECTIONS

1. Cook the potatoes in salted boiling water until fork tender.
2. Heat the butter and cream and set aside.
3. Press through affine sieve or a ricer.
4. Add the hot cream and butter and stir until combined.
5. Season with salt and pepper.

INGREDIENTS

For the Sesame Roasted Broccoli

400 g	Broccoli, trimmed
45 ml	Sesame Oil
Dash	Salt & Pepper

DIRECTIONS

1. Heat oven to 400F
2. Toss Broccoli in sesame oil
3. Season lightly with salt and pepper
4. Place in the oven and roast for 15 – 20 minutes or until tender and slightly charred.