



Beef Cheek Stew

BEEF CHEEK STEW

INGREDIENTS

800g of Wagyu or Angus beef cheek
½ Celery stick
½ Leek
1 Carrot
1 Brown onion
A knob of old ginger
1 Garlic clove
700ml Beef stock (See below for homemade stock recipe)
700ml Red wine
3 tbsp tomato paste
Sea salt & black pepper

OPTIONAL CHINESE HERBS

Bei Qi
Orange Peel
Dang Shen
Liquorice
Danggui
Blaze mushrooms
Solomon's rhizome

COOKING METHOD

1. Cut beef cheeks in half.
2. Season and oil beef.
3. Pan sear beef till brown on all sides. Set aside.
4. Cut vegetables.
5. Pan sear vegetables with tomato paste for one minute in the pot.
6. Add beef to pot.
7. Add stock and red wine.
8. Add herbs.
9. Add salt and pepper.

HOMEMADE BEEF STOCK

INGREDIENTS

5kg Beef bones
7.5kg Water (7.5L)
500g Brown onion
250g Carrot
150g Celery
100g Leeks
50g Tomato paste
Canola oil
Salt & pepper

RECIPE

1. Season bones with 1/4c canola oil, 3 tablespoon salt and 1 teaspoon pepper.
2. Roast bones in oven at 200°C for 45 minutes - 1 hour.
3. Sear brown onion, carrot, celery in a pan with 15g of canola oil / pomace. Add 50grams of tomato paste. Cook till vegetable softens.
4. Combine everything in a pot, and bring to a boil at lower medium heat. Cook for 8 hours minimum.
5. Strain and use what is needed. Extras can be frozen.