



We like something a bit different and when I happened across a lump of Ox Cheek for a little over £2 there had to be an Asian recipe in there somewhere?.

Ingredients:-

1 Ox Cheek, cubed
3 Cloves of Garlic, minced
A thumb sized piece of fresh Ginger, grated
3 Spring Onions, chopped
1 Red Chilli, de-seeded and thinly sliced
1 Tbsp of seasoned (Salt & Pepper) Plain Flour (Gluten free for us)
1 Tsp of Chinese Five Spice
2 Star Anise
1 Tsp of Brown Sugar
2 Tbsp of Shaoxing Wine
2 Tbsp of Soy Sauce (Gluten Free for us)
1 Tbsp of Oyster Sauce
500ml of Beef Stock
200g of Button Mushrooms
1 Onion, finely diced
Oil to

Method:-

- (1) Heat the Oil in a frying pan and add the Onion.
- (2) Fry until the Onion has softened.

- (3) Add the Garlic, Ginger, Chilli and Spring Onion and fry until fragrant.
- (4) Place in a bowl and set aside.
- (5) Toss the cubed Ox Cheek in the seasoned Flour.
- (6) Add a little more Oil to the pan and fry the Ox Cheek until browned on all sides.
- (7) Add the Star Anise, Five Spice and return the Onion mixture back to the pan.
- (8) Add the Sugar and stir in.
- (9) Add the Shaoxing Wine, stirring to the meat doesn't stick to the pan.
- (10) Add the Soy Sauce, Oyster Sauce and Stock and stir well.
- (11) Bring to a simmer and then transfer to a casserole dish with a lid.
- (12) Place in a pre-heated oven at 150c for about 3 hours.
- (13) An hour before serving and the Button Mushrooms.

This was very hearty meat and very well balanced. We'll certainly do this again next time Ox Cheek is available.