

Sichuan Beef Steamed Buns Amanda Lawrence

Filling

Ingredients:

- 4 Beef cheeks
- 1/3 cup flour
- 2 tablespoon Sichuan pepper*
- 1teaspoon ground pepper*
- 1 teaspoon chilli*
- 2/3 cup dry sherry or rice wine
- 1/3 cup packed brown sugar
- 10 star anise
- 2 tablespoon ginger
- 3 ½ tablespoon rice wine vinegar
- 2/3 cup soy sauce
- finely grated rind and juice of 1 orange
- 4 large flat mushrooms

** I buy Sichuan pepper through Rockhampton Fine Foods. You can substitute these three ingredients for Jamie Oliver Sichuan pepper blend at Woolies.*



Method

Mix flour, peppers and chilli in a plastic bag. Add beef cheeks and coat with seasoned flour.

Heat a pan, add oil and seal the beef cheeks. Place in a slow cooker (or roasting pan if you don't own a slow cooker).

Add the combined remaining ingredients (you may need to add water so that the liquid just covers the meat).

Cover and cook on high for 5 to 6 hours (or at 150°C in the oven if using a roasting pan). Remove the lid and cook for a further hour to reduce the liquid (meat should come apart with a fork). Cool in the liquid.

Remove the beef cheeks and mushrooms and shred. Combine with a little of the liquid to make the filling for the buns.

Buns (makes 16)

Ingredients

- ¼ cup sugar
- 1 cup warm water
- 1 ½ teaspoon instant yeast
- 2 2/3 cup flour
- ½ teaspoon sesame oil

Method

Dissolve sugar in warm water in large bowl. Add yeast, stir to combine and let rest until frothy.

Add sesame oil and flour. Mix to a dough and knead until smooth and elastic.

Oil the bowl, place dough in the bowl and cover with cling wrap. Rest in a warm area until doubled in size (approx 1 hour).

Divide into 16 pieces. Flatten each piece into a circle, add a spoonful of the meat filling and pinch closed.

Steam for 10 minutes.

- If you don't have a steamer you can bake these in the oven as well – just brush with egg before baking at 180°C. This will, obviously, give a different texture to the buns but they are still tasty.
- The cooked steamed buns can be frozen to be reheated at a later date.
- You will have left-over meat. The meat can be frozen and used at a later date or you can double the bread recipe.



