

Braised Beef Bites Colleen Goth, Goulburn

Ingredients

Braised Beef

- 1.125 kg round steak in one piece –about 8mm thick trimmed of excess fat
- 75g (1/4 cup) cornflour
- 1 teaspoon salt
- ½ teaspoon ground white pepper
- 2 tablespoons vegetable oil
- 1 ½ tablespoons soy sauce
- 1 tablespoon of white miso pastes dissolved in 3 cups of hot water
- 6 spring onions, peeled and trimmed of roots and coarse green tops but left whole
- 1/3 cup of sliced, peeled fresh ginger, cut into batons
- 5 medium cloves of garlic, peeled and halved
- ½ cup (packed) brown sugar
- ½ teaspoon dried chilli flakes



Salad

- 2 hearts of baby Cos lettuce, washed and separated into individual leaves
- 8 spring onions, peeled and finely diced
- 1 medium red onion, peeled and finely diced
- 1 red capsicum, seeded and finely diced
- 1 Telegraph cucumber, peeled, seeds removed and cut into thin slices which are then halved
- ½ teaspoon of salt flakes
- 1 teaspoon of ground black pepper
- 2 limes
- 1 bunch of fresh coriander

Method

Dry the beef well. On a large plate mix together the cornflour and the salt and pepper then place the beef onto the plate and rub the cornflour mix onto all the surfaces of the meat. Remove the meat from the plate and dispose of the excess flour mixture.

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Australia's National Beef Exposition



Heat the oil in a large cooking saucepan on the top of the stove. (I use a 36 cm cast iron Dutch oven cooking pot.). Add the dredged beef to the pan and brown slowly over moderate heat taking care to brown the entire surface. This will take about 15 mins.

Once browned add to the cooking pot the soy sauce and the miso paste with the water in which it has been dissolved. Stir well, scraping up the browning residue so that it amalgamates into the cooking liquid which will just cover the piece of beef.

Add to the pot the ginger, garlic, spring onions and chilli flakes. Bring to a gentle simmer, cover with a saucepan lid or foil, reduce heat to low and simmer very slowly for 1 hour. It will be cooked through and tender.

Remove the beef from the cooking pot and allow it to rest wrapped in foil for about 15 minutes.

Bring the cooking liquid in the cooking pot back to a gentle simmer and with a slotted spoon remove the ginger, garlic and spring onions and discard. Reduce the cooking liquor to about half – it will form a slightly thickened shiny sauce. Then reduce the heat to very low.

Slice the beef thinly across the grain into strips about 6 x 2 cm. Return the meat to the cooking pot, stirring gently to coat all the meat strips with the sauce.

To make the salad, place the cucumber slices in a colander, sprinkle with the salt and allow to stand for about 15 minutes – this will allow excess water to drain from the cucumber.

Then place the cucumber into a mixing bowl with the prepared spring onion, red onion and red capsicum and mix lightly adding the ground pepper. Juice the limes and add the juice to the salad, mixing together lightly.

On a serving plate arrange the individual lettuce leaves and place a strip of beef in each leaf. Then top with a tablespoon of the salad mix and 3-4 leaves of fresh coriander and serve.

This makes approximately 25 filled lettuce leaves.



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