

Award winning Noosa Boathouse is an absolute waterfront 3 level dining hub offering a lunch & dinner bistro, an espresso bar, rooftop sunset bar and takeaway fish & chips. Their modern Australian menu lets seasonal produce shine, showcasing fresh Australian seafood, quality beef and locally harvested produce.

Slow Cooked Beef Cheek with tamarind dressing, Asian herb salad

INGREDIENTS

6 x beef cheek (trimmed)

Dressing:

85ml soy sauce

70ml sugar cane vinegar

80g tamarind pulp (tamarind blocks simmered with water then strained)

25ml Sriracha sauce

60ml lime juice

50ml kecap manis

50g chilli jam

50g brown sugar

A good splash of fish sauce

2 coriander roots

Blend all ingredients

Salad:

Green paw paw (peeled and shredded)

2 long red chillis (seeded and sliced)

100g bean sprouts

2 carrots julienne

1 cup herbs – mint, coriander, Vietnamese mint

60g crispy fried onions

METHOD

1. Sear beef cheek until golden brown
2. In a braising pot, add cheeks + half of the dressing and cover with unsalted vegetable stock, and cover with lid
3. Gently cook in the oven for at least 4 hours at 160 degrees Celsius until beef is tender.

Note: cooking times will vary depending on the size of the beef cheek

4. Mix all salad ingredients together and toss with the rest of the dressing
5. Place beef cheeks on six individual plates, or two larger plates for a 'feast' style meal
6. Top beef cheeks with salad mixture
7. Sprinkle with crisp onions

Chef Shane Bailey's Notes:

- Buy your beef cheeks from a butcher so they can trim them for you
- All dressing ingredients should be available from Asian grocers
- To test if the beef cheek is cooked, press gently and it should 'give'. If it is still firm just cook some more
- Buy a julienne peeler – a great \$5 investment!
- Dressing will keep in fridge for a week
- This dish is great for cooking ahead of time – even the day before – just remember to dress the salad just before serving

Philosophy

Cooking is all about love and fun. Sourcing fresh local ingredients is just as important as the final meal!