CHINESE (CANTONESE)

Cantonese Brisket Stew (Ngau Naam)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**4**	**20 min**	**2 hr 30 min**	**Braise**	**Brisket**

Ingredients

- 900 g (2 lb) beef brisket, cut into 4 cm (1½ in) chunks
- 2 tbsp neutral oil
- 5 slices fresh ginger
- 4 cloves garlic, smashed
- 2 tbsp fermented bean paste (or hoisin plus 1 tsp miso)
- 2 tbsp Shaoxing wine (or dry sherry)
- 2 tbsp light soy sauce
- 1 tbsp dark soy sauce
- 1 tbsp rock sugar (or 2 tsp white sugar)
- 3 star anise
- 1 small piece dried tangerine peel (or 3 strips orange zest)
- 1 cinnamon stick
- 500 ml (2 cups) water
- 1 large daikon radish, cut into 4 cm (1½ in) chunks
- 2 scallions, cut into lengths, plus extra to garnish

Steps

1. Cover the beef with cold water in a pot, bring to a boil over high heat, and boil for 3 minutes until foam rises. Drain and rinse the beef.
2. Heat the oil in a clay pot or Dutch oven over medium heat. Fry the ginger, garlic and scallion lengths for 1 minute, until fragrant.
3. Add the bean paste and stir 1 minute, until it smells toasty. Add the beef and stir over medium-high heat for 3 minutes, until it picks up colour.
4. Splash in the Shaoxing wine and deglaze, scraping the bottom, then add both soy sauces, the sugar, star anise, tangerine peel, cinnamon and water.
5. Bring to a boil, then lower the heat, cover, and braise at a bare simmer for 1½ hours, stirring once or twice.
6. Add the daikon, cover, and cook 30 to 40 minutes more, until the beef is tender and the daikon is translucent and yields to a spoon.
7. If the sauce is thin, remove the lid and boil over medium-high heat for 5 minutes until glossy and slightly thick. Taste and add soy or sugar as needed.
8. Scatter with extra scallion and serve with steamed rice.

Notes

- **Other cuts:** beef tendon or shank is traditional; add tendon with the brisket and cook an extra hour.
- **Make ahead:** the flavour deepens overnight; reheat gently with a splash of water. Keeps 3–4 days, or freeze 3 months.
- **Serving:** it is also excellent over egg noodles with blanched greens.

- **Slow cooker:** do steps 1–4 on the stove, then cook on low 8 hr or high 4–5 hr, adding the daikon for the last 2 hr on low. Reduce the sauce with the lid off on high 20–30 min.
- **Pair with:** blanched choy sum with a drizzle of oyster sauce.