



CHINESE (SICHUAN)

Red-Braised Beef (Hong Shao Niu Rou)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	20 min	2 hr 15 min	Braise	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 4 cm (1½ in) cubes
- 2 tbsp vegetable oil
- 2 tbsp Sichuan doubanjiang (broad bean chilli paste; or 1 tbsp white miso plus 1 tbsp sriracha or sambal oelek)
- 3 tbsp rock sugar or 2 tbsp granulated sugar
- 5 slices fresh ginger
- 4 spring onions, white parts cut into lengths, greens sliced to serve
- 4 cloves garlic, smashed
- 3 star anise
- 1 cinnamon stick
- 1 tsp Sichuan peppercorns (or ½ tsp black peppercorns plus a strip of orange zest)
- 3 dried red chillies
- 60 ml (¼ cup) Shaoxing wine (or dry sherry)
- 3 tbsp light soy sauce
- 1 tbsp dark soy sauce
- 750 ml (3 cups) hot water
- 2 carrots or 1 daikon, cut into chunks

Steps

1. Blanch the beef: cover with cold water in a pot, bring to a boil over high heat, and boil for 3 minutes. Drain, rinse off the grey scum, and drain well.
2. Heat the oil in a wok or heavy pot over medium heat. Add the sugar and stir for 2 to 3 minutes until it melts and turns amber, taking care that it does not burn.
3. Add the beef and stir until coated in caramel, about 3 minutes. Add the doubanjiang, ginger, spring onion whites, garlic and spices and fry for 2 minutes until the oil turns red.
4. Pour in the Shaoxing wine and let it bubble for 1 minute, then add both soy sauces and the hot water.
5. Bring to a boil, then lower the heat, cover, and braise for 1½ hours at a gentle bubble until the beef is nearly tender.
6. Add the carrots and cook uncovered for 25 to 30 minutes until they are soft and the sauce is reduced and glossy enough to coat the beef.
7. Taste for salt and sweetness. Scatter with spring onion greens and serve with rice.

Notes

- **Heat:** reduce the doubanjiang and chillies for a mild, soy-sweet version.
- **Make ahead:** reheats beautifully; the sauce sets to a jelly in the fridge and melts again. Keeps 3 to 4 days; freezes for 3 months.
- **Shortcut:** pressure cooker. After step 4, cook 35 minutes at high pressure with a natural release, then reduce the sauce uncovered.

- **Slow cooker:** do steps 1 to 4 in a wok or pot, then cook on low 8 hr or high 4–5 hr, adding the carrots for the last 2 hr. Pour the sauce into a pan and boil until glossy.
- **Pair with:** steamed rice and stir-fried bok choy.
- **Twist:** simmer a strip of orange peel with the star anise for a gentle citrus fragrance, as in many Chinese braises.