

Masterstock Braised Oxtail and Steamed Bun

EQUIPMENT

Medium Large Saucepan, Frypan, Cooling Rack/Tray, Baking Paper, Scales, Stand Mixer with Dough Hook Attachment, Fine Mesh Sieve, Mixing Bowl, Perforated Baking Tray

INGREDIENTS

For the Braised Oxtail:

1.5kg Oxtail Pieces, 1.5lt Water, 375gm Shao Xing Wine, 250gm Soy Sauce, 150gm Yellow Rock or Palm Sugar, 75gm Fresh Ginger, 1 Stalk Lemongrass, 1 Bulb Garlic, 6 Peeled Shallots, 6 Dried Shitake Mushrooms, 3 Cinnamon Sticks, 3 Whole Star Anise, 1 Teaspoon Coriander Seeds, 1 Teaspoon Sichuan Pepper, Vegetable Oil, 3-4 Coriander Sprigs, 1 x Green Chilli

For the Steamed Buns:

280gm Plain Flour, 5gm Instant Yeast, 5gm Salt, 8gm Baking Powder, 15gm Caster Sugar, 15gm Vegetable Oil, 180gm Full Cream Milk

METHOD

For the Braised Oxtail:

In a large saucepan pour in water, soy and shaoxing wine, add all the dry spices along with the rock/palm sugar and dried mushrooms. Roughly slice the ginger, shallots, garlic and lemongrass and add to the pot. Place the pot over medium/high heat and bring to the boil.

Place a medium frypan over medium high heat, at the same time pre-heat the oven to combi mode (high steam setting 75%) 150°C.

Pour a little vegetable oil into the pan and add the oxtail pieces, pan fry until golden brown on all sides. Once fried add sealed oxtail to the pot of stock and bring back up to the boil.

Remove the pot from the heat and place a cartouche on the pot then put in the oven for 3.5 hours.

Once cooked remove from the oven and discard the baking paper, remove the oxtail from the stock and place on a tray to cool slightly, pass the stock through a fine mesh sieve and set aside.

Once cool enough to handle but still warm strip the meat from the oxtail and place it into a mixing bowl, add 4-5 tablespoons of the cooking liquid to the oxtail meat with a pinch of salt and some chopped fresh coriander, mix well and set aside.

For the Steamed Buns:

Place all ingredients in the bowl of a stand mixer and mix on medium speed for 10-12 minutes. Once mixed remove the dough from the bowl and knead briefly by hand, place the dough back into the bowl and place into a steam oven, steam setting 40°C for 35-40 minutes until doubled in size.

Once the dough has proved remove from the oven and portion the dough into 35-40gm pieces, roll each piece into a small ball.

Form each dough ball into a 'bowl' with high sides, fill the dough 'bowl' with oxtail mixture and place on a perforated baking tray lined with baking paper, repeat with the remaining dough.

Cover the dough with a tea towel and leave to rest for 20 minutes, while resting heat your steam oven to steam setting 100°C. Once rested, place trays of dough into the oven and cook for 12 minutes.

Once cooked remove from the oven and top each bun with a fine slice of green chilli and serve warm.

Masterstock Braised Oxtail and Steamed Bun (Cont'd)

HINTS & TIPS

Oxtail has a very rich flavour and is a great addition to any braised beef dish.

The masterstock you have made for this recipe can be kept and used again for any beef dish, place it in the fridge overnight so the fat settles to the top, the following day remove the fat, bring the stock to the boil and pass through a fine mesh sieve. If required add a little water to the stock to bring up it's volume and for a kick of freshness next time you use it add some fresh armoats like ginger and lemongrass.