



Perhaps not the most appealing looking cut of Beef, but it tastes really good if you cook it low and slow.

Ingredients:-

400g of Beef Skirt, cubed
Flour to coat the Beef (Gluten free for us)
1 Onion, Thickly sliced
2 Cloves of Garlic, minced
2 Tbsp of Shaoxing Wine
200ml of Red Wine (It can be the most inexpensive / dreadful stuff!)
2 Bay Leaves
2 Star Anise
500ml of Beef Stock
1 Punnet of Mushrooms, chopped
2 Carrots, thickly batoned
2 Large Potatoes, peeled and cut into large cubes
2 Tbsp of Margarine
Salt & Pepper to season
Oil to fry

Method:-

- (1) Season the Beef with Salt & Pepper and coat in Flour.
- (2) In a large pan or Dutch Oven add a little Oil and brown the meat on all sides over a high heat.

- (3) Remove and set aside.
- (4) Add the Margarine and reduce the heat.
- (5) Fry the Onions until softened and add the Garlic cooking for a further minute.
- (6) Add the Shaoxing Wine, Red Wine and Stock.
- (7) Reduce the heat to simmer and add the Bay Leaves & Star Anise.
- (8) Stir in the Beef and allow to simmer for 4 hours.
- (9) At about 2 hours add the Potatoes, Carrots and Mushrooms.
- (10) Leave partially covered for the remainder of the cooking time, stirring occasionally to prevent it sticking.

We served ours with home made toasted Olive Bread. This will easily feed 4 hungry people and was well within our self imposed budget. Also very tasty!