

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 to 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!