



Aniseed Beef

This is a dish that combines the wonderful aniseed taste familiar to much Chinese cooking with a slow-cook European method of preparing beef.

Serves : 4-6

Preparation Time : 20 minutes plus marinating time (see method)

Cooking Time : 1 - 1 1/2 hours

Ingredients

Approx 2 lb / 1kg beef, cut into 1 inch cubes
5 fl oz / 1/4 pint / 150 ml soy sauce (light)
2 tbsp brown sugar
3 tbsp sherry or rice wine
8 fl oz / 225 ml water.

Herbs & Spices

2 tbsp Aniseed Whole

Cooking Instructions

If you have a piece of cheesecloth, tie up the aniseed to make a little bundle - if not, don't worry, but you may want to strain the aniseed bits out of the gravy before serving.

In a bowl, combine the soy sauce, sugar, sherry and aniseed. Mix well then add the beef and stir to coat it all. Leave to marinate, overnight if possible.

When ready to cook, place the beef in a casserole dish and bring to a simmer over a moderately hot heat. Simmer gently for 10 minutes. Gradually add the water (so the temperature doesn't drop too much) and then cover the casserole and allow to simmer for 1 - 1 1/2 hours until the meat is tender. Stir the meat occasionally to prevent sticking to the bottom.

When ready to serve, remove the aniseed - strain any liquid to remove aniseeds if you haven't got them in a bag.

Serve with fresh steamed broccoli and plain boiled rice.