



World Gourmet Summit 2004 Culinary Masterclass

The Cuisine of
Justin Quek
JQ Concepts Pte Ltd
Representing Eu Yan Sang

Braised Beef Cheek with Chinese Angelica Root, Tangerine Peel, Liquorice Root and Roasted Vegetables



Serves 4

INGREDIENTS

4	beef cheeks, trimmed
	Salt and pepper, to taste
30ml	Dandaragan Estate Olive Oil
120g	<i>mirepoix</i> (onion, leek, carrot, celery)
1/2 bottle	red wine
	Madeira wine
100 ml	veal stock
400ml	Eu Yan Sang Chinese angelica root
10g	liquorice root
8g	tangerine peel
8g	Butter
	Salt and pepper, to taste
	fresh cream
40g	mashed U.S. Potatoes
200g	Salt, to taste
	roasted vegetables (carrots, shallots, zucchini and mushrooms)
200g	mixed fresh herbs (chervils, tarragon, chives)
20g	

Method:

- Season the beef cheeks with salt and pepper and sear them in a pan with **Dandaragan Estate Olive Oil**. Set aside the seared beef cheeks.
- In the same pan, saute the *mirepoix* until coloured and fragrant. Deglaze with red wine and Madeira wine. Reduce, and then add veal stock. Season to taste with salt and pepper, bring to a boil and then add the seared beef cheeks, as well as the **Eu Yan Sang** Chinese angelica, liquorice root and tangerine peel. Cover and braise for about 2 hours, until the beef cheeks are tender. Remove beef cheeks and strain the sauce. Taste and adjust the seasoning, then *monte* with butter.
- Heat the cream to a boil in a pot and then reduce heat and whisk in the mashed **U.S. Potatoes**. Season with a little salt and set aside.

To Serve:

Spoon the mashed **U.S. Potatoes** onto the center of a plate, top with beef cheeks, drizzle sauce around and serve with roasted vegetables and mixed herbs.