

**Fieldays**<sup>NZ</sup>

# Kitchen Theatre

Diana Bowmar



# Asian Osso Bucco

300g noodles of your choice,  
cooked and set aside

2 beef shanks about 3-4cm thick

2 Tbsp olive oil

1 whole onion, chopped

4 large slices ginger (3 Tbsp  
crushed ginger)

6 cloves of garlic, rough chopped  
(6 tsp crushed garlic)

2 Tbsp tomato paste

1 cup rice wine

One stalk lemongrass, halved  
and bruised with the back of your  
knife, or a pan

2 dried chillies (as hot as you  
would like)

1 star anise pod

1 stick cinnamon

1 Tbsp. (or more) Chili bean  
sauce (I used Lee Kum Kee)\*

¼ cup sweet soy sauce\*

2 cups beef stock

2 cups water

Thai Basil (or regular basil) for  
serving

## Method

Heat olive oil in a large heavy bottomed skillet (cast iron) or a dutch oven.

Season Osso Bucco with salt and pepper and sear on both sides.

Remove Osso Bucco from pan and add in onions, ginger, and garlic, sautéing for a few minutes until onions begin to soften.

Add in tomato paste and sauté a few minutes more.

Pour in wine to deglaze the pan, cooking until liquid reduces by half.

Return bucco to the pan along with the lemon grass, chillies, soy sauce, anise, chilli bean sauce, cinnamon stick, soy sauce, stock, and water. The liquid doesn't need to cover the bucco.

Reduce heat to low and cook for 4-5 hours, or until the meat is falling off the bones. \*

When beef is ready, carefully remove and set aside. At this time, remove the star anise, ginger, lemongrass, cinnamon stick.

Turn up the heat and simmer for a few minutes until the sauce thickens a bit. Taste test at this point and adjust seasoning as necessary.

Reserve about ½ cup of the sauce and set aside.

Next turn off the heat and add prepared noodles and toss in the sauce to coat them.

Divide noodles into to portions, top with osso bucco, reserved sauce, and fresh basil.

## Other cooking methods

Place contents in a deep roasting dish cover with tin foil and cook at 180 Degrees for 3 hours, or until meat is falling off the bone.\*\*\*\*

Place in Crock pot and cook overnight or for 8-10 hours.

## Notes

Sweet soy sauce is typically thicker and less salty than regular soy sauce. You can find it at your local Asian market. You can mix regular soy sauce and brown sugar to emulate the flavour. If you do this go easy on adding it to the sauce to ensure it isn't too salty.

# Asian Taco/Bao

## Skirt Steak

1/4 cup packed dark brown sugar  
3 Tbsp canola oil  
3 Tbsp soy sauce  
1 Tbsp toasted sesame oil (optional)  
2 large garlic cloves, minced (2 tsp minced garlic)  
1 large chilli, seeded and finely chopped (omit if you don't like chilli)  
1 tsp freshly ground black pepper  
1 tsp ground coriander  
1/2 cup finely chopped fresh coriander leaf  
2kg flank steak (trim fat to your liking)  
1/4 cup sesame seeds (to garnish)

## Asian slaw

1/2 cabbage (3 cups), shredded crosswise (about 3 cups)  
1 large carrot, cut into 5cm matchstick-size strips  
8 spring onions, thinly sliced on a sharp diagonal  
1/2 cup lightly packed fresh cut coriander leaves  
1 large red capsicum cut finely  
Mix above all together with a sesame dressing or a good mayonnaise.

## Taco

12 corn tortillas (brand of your choice)  
12 Asian tacos (Asian Bao buns)\*  
\*Prepare a bamboo steaming basket over a pot of boiling water, place buns in basket. Bao buns are ready when they are white, fluffy and soft.\*

## Method

In a large baking dish, whisk the coriander leaf, brown sugar, canola oil, soy sauce, sesame oil, garlic, chilli, black pepper, and coriander to blend well. Reserve 1/4 cup of the mixture in a small bowl for serving. Place the steak in the remaining marinade and turn to coat. Marinate for at least 20 minutes at room temperature, or cover and refrigerate for up to 1 day, turning occasionally. Cover and refrigerate the reserved marinade.

Prepare an outdoor grill for medium-high cooking over direct heat or a fry griddle pan indoors

Remove the steak from the marinade (discard the marinade) and grill, turning halfway through cooking, for a total of about 10 minutes, until the meat feels only slightly resilient when pressed with a fingertip for medium-rare. Transfer the steak to a cutting board and let stand for 5 to 10 minutes.

## To serve:

Cut the steak across the grain into 1/2cm thick slices. Transfer the steak slices and any carving juices to a platter. Serve the steak with the reserved marinade, tortillas/bao and cabbage mixture.

Fill the tortillas/bao with some steak and cabbage mixture and top with some of the marinade.

# Stationgrill Sticky Ginger Short Ribs

3 tablespoon all-purpose flour  
OR gluten free flour

Salt and pepper

4-5kg beet short ribs

¼ cup canola oil

4 garlic cloves, minced (4tsp minced garlic)

4 spring onions (white and pale green parts only thinly sliced)

4 Tbsp minced fresh ginger

1 tsp red pepper flakes OR  
1Tbsp Stationgrill 'MAGIC DUST' spice blend)

1 lemongrass stalk, cut into 4 pieces, and each piece halved

1 cup beef stock

½ cup soy sauce\*

½ cup hoisin sauce\*

½ cup rice vinegar\*

½ cup firmly packed dark brown sugar (unrefined cane sugar works as well OR honey)

¼ cup Sriracha (chilli-garlic sauce)

\*Available in many major supermarkets, or Asian grocers

## Method

Pre-heat the oven to 180 degrees.

On a large plate, stir together the flour, 1 teaspoon salt, and ½ teaspoon of pepper.

Turn the short ribs in the seasoned flour, shaking off any excess.

Transfer the ribs to a deep oven dish and set aside.

In a food processor put the canola oil, the garlic, green onions, ginger, red pepper flakes or stationgrill spice, beef stock, soy sauce, hoisin sauce, vinegar, brown sugar and sriracha sauce and blend till all combined.

Place the lemon grass in the blended marinade.

Pour mixture over the ribs and rub the marinade on the ribs.

Cook in the oven until tender for approximately 2 hours.

The short ribs are done when they are tender and sticky.

Remove and discard the lemongrass.

Cut along the bone lines and transfer the ribs to serving dishes or platter.

Spoon the sauce over the ribs.

Serve and enjoy!

\*\*These can be made overnight in a crockpot as well. For a smokey flavour these can be finished off on the BBQ grill.\*\*