

Serves 4-6

Korean style beef bao buns

lightly steamed buns filled with
slow-cooked oyster blade steak



Ingredients

Slow-cooked beef

1.3-1.5kg of ANZCO Foods oyster blade beef

2 Tbsp toasted sesame oil
1 Tbsp vegetable oil
½ cup flour
1 brown onion, roughly chopped
3 large garlic cloves, pasted
1 Tbsp grated ginger
250ml beef stock
¼ cup soy sauce
1 Tbsp tomato paste
1 tsp sweet paprika
½ cup brown sugar (or honey)

3 Tbsp gochujang paste
1 cup cloudy apple juice
2 Tbsp rice wine vinegar
Salt, white and black pepper

Bao Buns

12-24 Bao buns
Hoisin sauce
Coriander, picked into sprigs
Sliced carrot
Cucumber sticks
Lime mayonnaise (see recipe right)
Chopped roasted peanuts
Black sesame seeds

Method

1 Preparation of the ANZCO Foods oyster blade beef

Preheat oven to 160°C. Cut oyster blade into generous sized cubes. Season, and coat in flour. Shake off excess flour, heat oil in a heavy bottomed pan and brown the oyster blade in batches until it is browned all over.

2 Slow cooking the ANZCO Foods oyster blade beef

In a Dutch oven or large pan, gently cook onion, garlic and ginger using 1 Tbsp sesame oil and 1 Tbsp vegetable oil.

Once sweated, add gochujang paste, tomato paste and sugar, cook for 1 minute. Add soy sauce, and vinegar and cook for a further minute before adding the apple juice and beef stock. Stir thoroughly to combine and add the seared beef to the broth.

Place in the oven tightly covered for 3 hours. Once cooled, remove the beef and either slice or "pull" depending on your preference.

Strain the sauce into a saucepan and reduce over a rolling heat until halved.

Use this to glaze the beef before placing in the bao buns.

3 Assembling the bao buns

Steam the bao in a lined steamer for 3 minutes and assemble. Starting with hoisin, your choice of vegetables, beef then the mayonnaise, nuts, herbs and optional chilli.

Lime Mayonnaise

2 Egg yolks
1 Lime, juice and zest
1 cup vegetable oil
Salt
Whisk egg yolks and lime together. Using a jug gently pour the oil slowly into the egg yolks, whisking continuously. Season with salt. If the mayonnaise is too thick, whisk in a couple of teaspoons of boiling water to thin it out.

Plate and enjoy.