
RECIPE OF THE WEEK

Slow Cooked Beef Ribs with Chinese 5-Spice & Tamarind

The recipe was based on one from the king of comfort food, Nigel Slater.

Cooking low and slow is the best way to get the best out of cheaper cuts on the bone where



you find the strongest flavours.

We use the bottom oven of our Rayburn or an old Tower Slow Cooker which costs about the same as an old lightbulb to run, but either way, slow cooking is easy since you just throw in the ingredients in so it's perfect for an easy dinner after a family day out. The maximum effort is browning carrots or onions to caramelize them but even that is not essential since nothing catches on a gentle heat when the juices are held in by the casserole lid. This recipe is adaptable for any strong

flavoured meat on the bone like oxtail, lamb shanks, venison, beef ribs or even an old cockerel. If using a slow cooker you don't need to brown meat but you may want to trim off excess fat to save having to drain off any fat puddles before serving.

1kg beef short ribs or oxtail

40g butter

3 large red or brown onions, quartered

2 tbsp rapeseed oil

1 inch cube of peeled fresh ginger, grated

4 cloves of garlic, peeled & halved

1 tbsp Chinese five-spice powder

3 whole star anise

1 litre beef stock

1 heaped tbsp soft brown or palm sugar

25ml dark soy sauce

50g tamarind paste (best to make your own from a block)

flour to dredge meat if you like a thickened sauce

Preheat your oven or turn on your slow cooker to low. Season the ribs or oxtail and bring up to room temperature. Melt a knob the butter in a casserole or skillet. Brown the meat on all sides and remove from the pan then brown the onions quickly to caramelize.

Pour in 250 ml water, bring to the boil, then reserve. Turn into a casserole then add the ginger, garlic, five spice, star anise, stock, sugar,

soy sauce and the reserved pan liquid plus the tamarind paste. Season. Bring to the boil. Next, add the browned meat, lid and bake in the in a low oven for 2 or 3 hours or in a slow cooker overnight/all day. The meat is ready when it comes away from the bone easily. Tip - Don't keep checking since you want to hold in the flavours and liquid. Serve with mash, rice, bread or roasted polenta.

Serves 4 as a main.

To download this recipe go to www.squisito-deli.co.uk
