

## 36-HOUR BRAISED WAGYU BEEF CHEEKS



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Martin Wong



Lee Zhang An

Formerly a conservation shop-house, Tess Bar & Kitchen is a drink-centric but food-centred concept with a focus on a modern interpretation of cocktails and food situated at 38, Seah Street. Represented by Lee Zhang An & Martin Wong.

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Real High Tea 2014/15 Volume 1

### Ingredients

#### 36-HOUR BRAISED WAGYU BEEF CHEEKS

- 1.2kg wagyu beef cheeks
- 400g whole lotus root
- 150g wolfberries
- 2 litre veal stock 2
- 750ml red wine
- 2 large carrots
- 2 onions
- 2 stalks celery
- 1 stalk leek
- Salt & pepper, to taste



## Methods and Directions

### 36-HOUR BRAISED WAGYU BEEF CHEEKS

- Season wagyu beef cheek with salt and pepper. Pan-sear with olive oil till surface is brown.
- Pour 750ml of red wine, chopped vegetables, lotus root (whole), veal stock and beef cheek.
- Bring to boil. Once boiled, cover pot.
- Set oven at 66°C. Slow braise mixture for 36 hours.
- Once cooked, take out both lotus root and beef cheek, leave to cool, slice beef cheek and lotus root.
- Blend all cooked vegetables, strain add in wolfberries to reduction.
- To serve, drizzle sauce over beef cheek and lotus root. Plate.

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