

Slow-cooked coconut beef with pumpkin purée, cucumber & coriander salad

Rich and satisfying, but somehow also light and interesting, beef cheek cooks down to a sticky, gelatinous hunk of meat. If it's unavailable, I recommend cross-cut blade steak.

Serves 4
Prep time 15 minutes
Cooking time 2 hours
Carb count 8.7 g per serving

EQUIPMENT

Frying pan, casserole dish, chopping board, knives, small pot, blender, larger pot, mixing bowl

INGREDIENTS

Beef

500 g beef cheek or cross-cut blade steak
 300 ml (1¼ cups) coconut milk
 500 ml (2 cups) water
 2 kaffir lime leaves (optional)
 2 fresh chillies, halved
 2 sticks lemongrass, bashed
 50 g (13 cm piece) fresh ginger, peeled and chopped
 salt and pepper to taste

Pumpkin purée

15 ml (1 tbsp) olive oil
 1 onion, sliced
 200 g (⅓ small) pumpkin, peeled, de-seeded and roughly chopped
 5 g (2–3 cm piece) fresh ginger, peeled and chopped
 250 ml (1 cup) water

Cucumber & coriander salad

100 g (½ small) cucumber, cut into ribbons as on page 123)
 15 g (1 tbsp) toasted cashew nuts (see page 100 for instructions)
 15 g (1 tbsp) sesame seeds
 30 ml (2 tbsp) Lime & lemongrass dressing (page 130)
 30 g (1 cup) bean sprouts
 15 g (1 tbsp) chopped fresh coriander

METHOD

Preheat oven to 160°C. Sear the beef in a hot frying pan (you shouldn't need any oil) and transfer it to the casserole dish. Add the rest of the ingredients for the beef to the dish, reserving a quarter of the aromatics (lime leaves, lemongrass, ginger) for later to add freshness back into the sauce after the long cooking process. Place in the oven for approximately 2 hours.

Meanwhile, add the oil to the small pot and sweat the onion and pumpkin along with the ginger. Pour in the water and simmer for 30 minutes until tender. Drain and purée the pumpkin in the blender, then season to taste.

When the beef is ready, remove it from the cooking liquid. Transfer the liquid to the large pot, add the remaining aromatics and reduce the sauce as quickly as possible. Meanwhile, make the cucumber salad by combining the cucumber ribbons with the rest of the ingredients, tossing gently.

When the sauce has reduced and thickened, place a portion of beef on each plate, pour over some sauce, top with salad and spoon some of the pumpkin purée either side. Garnish with sliced radish and fresh dill, if desired.

