

Hainanese Mutton Stew

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 3 hours

Ingredients

600g	frozen lean mutton ribs, chopped into thumb lengths
4 large	black fungus (wan yee), soaked till soft, remove tough part and cut into pieces
1 cup	vegetable oil
100g	dried bean curd skin (fu chok)
200g	carrots, peeled and cut into wedges
5 cloves	garlic, chopped or pounded till semi fine
5	shallots, chopped or pounded till semi fine
1	star anise
1 finger length	cinnamon stick
5	cloves
1½ tbsp	light soya sauce
½ tsp	salt (optional)
1 tsp	sugar
2 cups	water

Meat Marinade

30g	white soya bean cheese (fu yee)
30g	ginger, pounded till fine and squeezed for juice
2½ tbsp	Chinese yellow wine (hua teow jiu)
½ tsp	fine salt
1 to 2 tsp	sugar
A dash of	white pepper powder
1½ tsp	sesame oil

Garnish

2 plants	spring onions, cut into 1 cm lengths
2 plants	Chinese celery, cut into 1 cm lengths



Method

1. The butcher can chop the frozen mutton for you into small pieces. Defrost the mutton in the fridge compartment for 8 hours. Remove from fridge, wash well. Mash the soya bean cheese with the ginger juice, Chinese yellow wine, salt, sugar and pepper. Mix with the mutton, add the sesame oil and mix well. Marinate for between 1 hour to 8 hours in the fridge.
2. Lightly wash bean curd skin, quickly drain and cut into finger lengths. Leave to dry for a few hours, heat oil in a wok and fry the bean curd skin in the hot oil till it puffs up – drain on paper towels.
3. Pour off the oil, leaving 2 tablespoons in the wok, heat it up and add garlic and shallots and stir fry 2 minutes till fragrant on high heat.
4. Drain the meat from the marinade, add to the wok and stir fry for 5 minutes with the star anise, cinnamon and cloves. Add light soya sauce, salt, sugar, water and marinade and simmer for 1½ to 2 hours, add the bean curd skin and black fungus and simmer for 20 minutes till meat is tender and then add carrots on top and steam carrots for 15 minutes till soft. Stir well, put on a serving bowl, garnish and serve.