KIKKOMAN

Langós with braised beef

Total time **73 mins** **30 mins** preparation time **40 mins** cooking time

INGREDIENTS

10 portion(s)

For the langós:

700 g	wheat flour, type 550
10 g	dry yeast
20 g	sugar
400 ml	milk
5 g	salt
	Oil for frying

For the beef sauce:

400 g	diced white onion
25 g	finely chopped ginger
25 g	finely chopped garlic
80 ml	rapeseed oil
1 kg	minced beef
5	star anise
3	cinnamon sticks
250 ml	Shaoxing rice wine or sherry as an alternative
250 ml	Kikkoman Naturally Brewed Less Salt Soy Sauce
100 g	tomato purée
150 ml	water
50 g	cornflour

Garnish:

200 g	cucumber, cut into half-moons
10 g	finely chopped chives
10 g	roasted white sesame seeds

PREPARATION

Step 1

Mix the wheat flour, dried yeast and sugar in a mixing bowl, add warm milk (35 °C) and knead the dough in a food processor for 5 minutes. Cover the dough and let it stand in a warm place for about 40 minutes.

Step 2

In the meantime, sauté the onion, ginger and garlic in a pan with oil for 2 minutes. Add the star anise, cinnamon and minced beef and fry for a further 5 minutes, stirring occasionally. Add the Shaoxing rice wine, Kikkoman Less Salt Soy Sauce, tomato purée, water and cornflour. Reduce the sauce over a medium heat for approx. 40 minutes. Remove the star anise and cinnamon stick.

Step 3

Divide the dough into 10 equal pieces of approx. 110 g each (approx. 14 cm long, 7 cm wide). Press the edges up by approx. 1 cm. Cover and let the pastry stand for a further 20 minutes.

Step 4

Heat the oil in a frying pan or deep fryer to 175 °C. Fry the dough for approx. 3 minutes on each side. Place the langós on a plate, fill with the beef sauce and garnish with the cucumber.