

Beef Braised Soy Sauce Recipe

Ingredients:

4-5 cloves garlic
1/2 onion, peeled
2 teaspoons black peppercorns
1.25 litres water
500 g beef
190 ml light soy sauce
3 tablespoons sugar
2-3 hardboiled eggs, peeled and halved
A few drops sesame oil

Method:

Put garlic, onion and peppercorns in water and boil for 10 minutes. Place beef in and boil for another 10-20 minutes. Test to see if beef is cooked by piercing with a skewer. If the juices run clear, the beef is cooked. Drain beef and reserve stock. Discard garlic, onion and peppercorns. Place beef and stock in a pot and add soy sauce and sugar. Bring to the boil for 10-15 minutes over medium heat. Remove from heat and leave to cool. Slice beef into thin slices and serve in a small dish on a bed of hardboiled egg halves. Drizzle with sesame oil before serving. Any leftover sauce can be reserved and used as mild soy sauce.

Note: When hardboiling eggs, place into water at room temperature then bring to the boil for 8-10 minutes. Allow to cool before cracking and peeling off the shell.

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