

## **Beef Shank Fried Capsicum Recipe**

### **Ingredients:**

1/2 stewed beef shank  
1 green capsicum  
1 red capsicum  
1 teaspoon minced garlic

### **Seasonings:**

1 tablespoon cooking wine  
1/2 teaspoon salt  
4 tablespoons water

### **Method:**

Cut stewed beef shank into slices. Rinse green and red capsicums, halve them open and discard the seeds, then cut into slices. Use 2 tablespoons of cooking oil to stir-fry minced garlic, green and red capsicums in hot oil rapidly until fragrant. Add beef shank as well as all the seasonings to taste. Mix well and serve.

Note: If the stewed beef shank is too light, add a little dark soy sauce to darken. If not, soy sauce is not needed. Almost any type of capsicum or pepper is acceptable in this dish.

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