

Beef Stew Star Anise Recipe

Ingredients:

1 liter vegetable or chicken stock
450 g beef steak, washed and cut into slivers
3 garlic cloves, peeled and finely chopped
3 coriander (cilantro) roots, finely chopped
1 cinnamon sticks
4 star anise
2 tablespoons light soy sauce
2 tablespoons Thai fish sauce
1 teaspoon granulated sugar
115 g bean sprouts, remove tail and head cap
1 scallion, finely chopped
Small bunch fresh coriander (cilantro), coarsely chopped

Method:

Pour the stock into a large, heavy pan. Add the beef, garlic, chopped coriander roots, cinnamon sticks, star anise, soy sauce, fish sauce and sugar. Bring to the boil, then reduce the heat to low and simmer for 30 minutes. Skim off any foam that rises to the surface of the liquid with a slotted spoon. Meanwhile, divide the bean sprouts among four individual serving bowls. Remove and discard the cinnamon sticks and star anise from the stew with a slotted spoon. Ladle the stew over the bean sprouts, garnish with the chopped scallions and chopped fresh coriander (cilantro) and serve immediately.

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