

Braised Garlic Soy Beef Recipe

(Korean Recipes)

Ingredients: Serves 4

1 medium onion, quartered
3 bulbs of garlic, peeled
2 cups water
½ cup soy sauce
2 teaspoons sugar
6 hard-boiled quail eggs or 2 hard-boiled eggs, to serve

Boiled Beef and Stock:

1 kg boneless skirt steak, or other stewing beef parts like
chuck, shin, shank or brisket
8 cups water

Method:

Place the beef in a pot with the water, bring to a boil and simmer for 10 minutes. Skim off all the unwanted residue that rises to the top. Cover, reduce the heat and simmer very gently for 1½ hours until the meat is just tender. Remove the beef. Strain the stock and set aside, reserving it for other dishes. Shred the meat and return it to the pot. Add the remaining ingredients, except the quail eggs and bring to the boil. Cover, then reduce the heat and simmer over low heat for 30 to 45 minutes, stirring from time to time until the beef is very tender. Serve with the quail eggs and freshly steamed rice. If desired, peel the hard-boiled quail eggs and add to the soup in the last 5 minutes of simmering. The beef stock, prepared above, can be kept frozen for 3 months. This simple and delicious recipe requires little preparation although it does take some time to cook. While waiting for the meat to cook, you can prepare the rice and a vegetable dish or two to accompany the beef, along with a side dish of kimchi.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]