

Italian-Style Beef Noodle Soup Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

150g beef brisket
1 portion wide noodles
3 tomatoes
½ onion
minced cilantro as needed
black pepper as needed

Seasonings A:

2 tablespoons cooking wine
2 tablespoons rosemary
3 bay leaves
10 cups water

Seasonings B:

3 tablespoons ketchup
1 teaspoon salt
1 tablespoon sugar

Method:

Blanch the whole brisket in boiling water, rinse out the foam and remove from water. Cook 10 cups of water until boiling, return brisket and add seasonings A. Heat until boiling first, then continue cooking over low heat for 30 minutes. Remove brisket and cut into thick slices. Also remove the herbs after cooking, so the aroma will be heavier. Dice onion, stir-fry with 2 tablespoons of cooking oil in wok until fragrant. Remove skin from tomatoes, cut into small pieces and add to the onion. Season with seasonings B to taste. Return brisket as well as the soup, continue cooking for 20 more minutes until beef is softened thoroughly. Remove from heat. Bring water to a boil to cook noodles. Remove cooked noodles to a soup bowl and drizzle in brisket and soup. Then sprinkle with black pepper and minced cilantro. Serve.

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