

Pickled Mustard Beef Noodle Soup Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

150g beef brisket
1 portion La noodles
½ pickled mustard stem
½ leek

Seasonings A:

2 scallions
1 small piece ginger
2 tablespoons cooking wine
8 star anise
5 cardamom
15 cups water

Seasonings B:

4 tablespoons soy sauce
½ tablespoon sugar
½ teaspoon salt
pepper as needed

Method:

Blanch the whole brisket in boiling water, rinse out the foam and remove from water. Bring 15 cups of water to a boil, return brisket along seasonings A added. Cook over low heat for 30 minutes, then remove and cut into thick strips. Remove the spice dregs with a sieve. Return brisket and add seasonings B as well as rinsed pickled mustard strips. Continue cooking for 20 minutes more, until softened. Pickled mustard stem is pretty salty, the salty flavor will remain in the soup after cooking, notice the seasonings to prevent the soup from being too salty. Another method is to simmer the cooked beef strips and pickled mustard stems until flavor is well absorbed, then spread over the noodles and drizzle with the soup broth. This way the pickled mustard and beef will have a heavier taste. Bring a pot of water to a boil. Cook the noodles, remove to a soup bowl and drizzle with pickled mustard beef soup, then sprinkle with rinsed leek sections. Serve.

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