

Red-Cooked Beef Noodle Soup Recipe

Ingredients:

1.3 pounds beef brisket
1 portion la noodles
2 stalks bok choy, washed and sectioned
1 tablespoon chopped scallions

Seasonings:

2 scallions
1 small piece ginger
4 cloves garlic, peeled and slightly crushed
2 tablespoon cooking wine
8 star anise
10 cardamom
15 cups water
1/2 cup soy sauce
1 teaspoon salt
1 teaspoon sugar

Method:

Blanch whole piece of beef in boiling water and rinse out the scum, then remove. Heat 2 tablespoons of cooking oil to stir-fry scallions, ginger and garlic until fragrant, then add seasoning ingredients. Heat until boiling. Add beef and simmer over low heat for an hour. Remove and cut into small bite-sized pieces. Use a sieve to remove the spices from the soup and return beef and continue cooking for 20 minutes longer until beef is fork tender. Bring a pot of water to a boil to cook the noodles. Add rinsed bok choy sections and cook till done. Do not overcooked or else the bok choy will lose its green. Remove both the bok choy and noodles to individual soup bowl. Pour beef broth and pieces of beef over noodles and bok choy, then garnish with chopped scallions. Serve immediately.

Tips:

1. Beef brisket is more tender if cooked whole first before cutting into small pieces. The beef will maintain its shape better as well.
2. If beef bone broth is available, use it instead of water to cook the beef. Business people may want to use half beef bone broth with half original beef extract broth to save money. If served at home, original beef extract broth is much better. Click here for [red-cooked beef bone soup broth](#) refer to more Taiwanese recipes.