

Spicy Stewed Beef Noodle Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

1 beef shank
1 portion La noodles
minced cilantro as needed
chopped scallions as needed

Seasonings A:

1 tablespoon cooking wine
2 star anises
3 slices ginger
2 chili peppers
1 tablespoon cinnamon bark
5 cardamom
10 cups water

Seasonings B:

½ cup soy sauce
1 tablespoon sugar
2 cups beef broth
1 tablespoon chili powder

Seasonings C:

1 tablespoon chili oil
½ tablespoon soy sauce
5 tablespoons beef broth

Method:

Blanch beef first in boiling water, rinse out the foam and remove from water. Bring 10 cups of water to a boil, return beef and add seasoning A, cook for 30 minutes. Remove and sit until cold, then slice to prevent the meat from falling apart. Stew in pan with seasonings B for 15 minutes. The water for cooking the beef makes an excellent beef broth if the dregs are removed. Use it to cook the noodles or add other ingredients to make soup. Liquid for stewing the beef can be saved for the next stewing. Cook noodles until done, remove to a bowl and mix well with seasoning C. Spread stewed beef over top and sprinkle with scallions and cilantro. Serve.

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