

## Stewed Beef Recipe

(Neua Tun Recipe)

**Ingredients:** Serves 4

450g beef shank  
10 cups water  
1 cm length of cinnamon, broken into small pieces  
½ inch length of galangal  
3 coriander roots  
2 tablespoons light soy sauce  
1 tablespoon dark soy sauce  
½ teaspoon salt  
1 bay leaf (krawan leaf)  
2 celery plants  
180g lettuce, swamp cabbage, or bean sprouts  
2 tablespoons fried garlic  
½ teaspoon ground black pepper  
1 tablespoon chopped fresh coriander

**Method:**

Wash the meat, cut into 1 inch cubes, place in pot. Add the water, cinnamon, galangal, coriander roots, light soy sauce, dark soy sauce and bay leaf. Heat to a boil, then cover, reduce heat and simmer until the meat is tender. (If using an ordinary pot, this will be 3-4 hours. With a pressure cooker use only 2 cups of water and cook for 25 minutes, then remove from heat, allow to cool, open lid and add 3 cups boiled water. Season to taste and bring to a boil once again). Blanch the vegetables, cut into 1 inch pieces and place on the bottom of the serving bowl. Pour the stewed beef on top of the vegetables, sprinkle with coarsely cut fresh coriander, celery, fried garlic and ground pepper. Serve with steamed rice or noodles.

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