

Stewed Beef Ribs Recipe

(Korean Recipes)

Ingredients: Serves 4

1kg beef ribs, cut into bite-sized pieces
3-4 tablespoons soy sauce
2½ tablespoons rice wine or sake
2 teaspoons sesame oil
1 tablespoon sugar
6-8 cloves garlic, minced
2 scallions, halved
½ teaspoon freshly ground black pepper
2 dried black Chinese shiitake mushroom, soaked in hot water
for 30 minutes, stem discarded and cap sliced
1 small carrot, peeled and thickly sliced
400g daikon radish (about 6-inch), peeled and thickly sliced
4 dried chestnuts, soaked in hot water for 30 minutes
4 dried red dates
20 shelled ginkgo nuts

Method:

Rinse the ribs in cold water and drain. Bring a pot of water to a boil and cook the ribs for 10 minutes. Drain, then add enough water to the pot to just cover the ribs. Add the soy sauce, rice wine, sesame oil, sugar, garlic, scallions, black pepper and mushrooms, and bring to a boil. Cover, then reduce the heat to low and simmer gently for 30 minutes, or until the meat is tender. Add the carrot, daikon, chestnuts, dried red dates and ginkgo nuts. Bring to a boil, then simmer over low heat for another 30 minutes, or until the vegetables are tender. Serve hot with rice.

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