

Stewed Beef Tendon Recipe

Ingredients:

4 beef tendons (about 2.6 lbs)
Bunch of scallions
3 slices of ginger
1/2 cup Chinese cooking wine
1 pot stewing broth

Method:

Blanch beef tendon first, then rinse out the bubbles. Cook in vigorously boiling water along with scallions, ginger and wine for about 45 minutes. Remove beef tendon to the stewing broth and stew over low heat for an hour. Remove from heat and soak until the liquid begins to cool. Cut into slices and serve.

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