

Teochew Beef Noodles Recipe

Ingredients: Serves 10-12

400 g brisket or shin beef
300 g beef tendon
300 g cleaned beef tripe, scalded
400 g oxtail, cut into pieces
4 thick slices galangal
1 tablespoon grated gula Melaka (palm sugar) or soft brown sugar
½ teaspoon dark soy sauce
1½ tablespoons salt or to taste
a handful of peppercorns
300 g beef fillet, sliced
800 g flat rice noodles (koay teow)
500 g beansprouts

Garnish:

1 head kiam chye (large stemmed salted mustard greens), cut into strips
1 bunch Chinese celery, chopped

Chili Dip:

Chili sauce (bottled sambal olek is convenient)
Lime juice, salt and sugar to taste
a knob of young galangal or ginger, pounded until very fine

Method:

In a pot large enough to accommodate the meats, bring 3-4 liters of water to the boil. Place tendons, tripe (scalded first) and oxtail into the pot, together with the galangal slices, gula Melaka, dark soy sauce, peppercorns and salt. Simmer for 2-3 hours or until meat is tender, skimming off fat and scum from time to time. Add brisket or shin halfway through and continue to simmer until tender. Remove meats from the pot. Taste stock and adjust seasoning. When meats are cool, cut into bite-sized pieces. Bring another pot of water to the boil. Scald loosened noodles and beansprouts. Drain. To serve, place noodles, beansprouts and a selection of cooked meats in a bowl. Top with slices of raw beef fillet and pour over boiling stock. Drain and repeat this process twice over if you prefer your meat well cooked. Garnish with kiam chye and Chinese celery and offer a chili dip topped with pounded lengkuas on the side.