

Three Cups Beef Noodle Recipe

Ingredients:

1/3 pound tender beef
6 slices ginger, peeled and sliced
3 cloves garlic, peeled and crushed lightly
2 red chilies, halved, remove seeds and cut into sections diagonally
1 portion La noodles
2 stalks basil

Seasoning 1:

1 tablespoon Chinese cooking wine
1 tablespoon soy sauce
1 teaspoon sugar
1 teaspoon cornstarch
1 teaspoon cooking oil

Seasoning 2:

3 tablespoons sesame oil
2 tablespoons soy sauce
2 tablespoons Chinese cooking wine
1 teaspoon sugar

Seasoning 3:

1/2 cup beef bone broth
1/2 teaspoon salt

Method:

Cut tender beef into slices and marinate in seasoning (1) for 15 minutes. Then blanch through smoking oil and remove. Stir-fry ginger and garlic with black sesame oil in wok until fragrant. Add beef and seedless chili pepper sections to mix. Add remaining seasoning (2) and basil, then cook until flavor is well absorbed. Bring a pot of water to a boil. Cook noodles until done, remove to a bowl. Boil and mix well seasoning (3) and pour over noodles together with the three-cup beef prepared earlier. Serve hot.

Basic beef bone broth:

Cook beef large bone or ordinary beef bones in pot with water covered until boiling for about 3-5 minutes. Discard water and rinse bones to remove scum. Put water in a pot and let boil. Once boiled add in rinsed bones and some scallions, ginger pieces, garlic cloves, crushed Szechwan peppercorns and reduce heat to low and simmer for about an hour.

Tips:

Cooked shank slices can also be prepared this way.
Beef sliced into large thin pieces has a better shape and flavor after cooking.