

Tomato Beef Noodle Soup Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

1 beef shank
4 tomatoes
1 onion
1 portion La noodles
1 tablespoon chopped scallions
Minced cilantro as needed

Seasonings:

5 tablespoons ketchup
1 tablespoon cooking wine
1 teaspoon salt
1 tablespoon sugar
10 cups water

Method:

Blanch the whole shank in boiling water, rinse out the foam and remove from water. Bring 10 cups of water to a boil, return shank and add 1 small piece ginger, then drizzle with wine and cook over low heat for 1½ hours until done. Remove shank and cut into slices. Dice onion. Blanch tomatoes in boiling water rapidly and remove. Peel off the skin and cut into pieces. Heat 2 tablespoons of cooking oil to stir-fry onion until fragrant. Add ketchup and cook until flavor is released, add shank and tomatoes as well as the remaining seasonings. Heat until boiling, then reduce heat to low and cook until the ingredients are completely tender. Bring a pot of water to a boil to cook the noodles. Remove to a soup bowl and add shank, then drizzle with tomato beef soup, sprinkle with chopped scallions and cilantro. Serve. The skin of tomato pieces peel easily after cooking, therefore remove the skin, then score the surface a few times to help to remove the skin before cooking. Beef brisket can be used to make this soup, however shank is lean and contains tendon. Each has its special flavor.

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