

Beef Shank Garlic Sprouts Recipe

Ingredients:

1/2 stewed beef shank

1/2 lb garlic sprouts

2 chili peppers

Seasonings:

1 tablespoon cooking wine

2 tablespoons stewing broth

3 tablespoons water

Method:

Cut beef shank into slices. Remove old stems from garlic sprouts, rinse well and cut into small sections. Halve chili peppers open, discard seeds and cut diagonally into slices. Heat 2 tablespoons of cooking oil to stir-fry garlic sprouts for a minute. Season with all seasonings to taste, then add stewed beef shank and chili peppers to mix. Stir until evenly mixed and serve.

Note: Garlic sprout is a seasonal vegetable. If not available, use young leek instead. Handle the garlic sprouts like chive flowers, breaking off one by one. If it does not break when bent, it is old and must be discarded.

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