

## Beef Shank Sweet Bean Sauce Recipe

### Ingredients:

1/2 stewed beef shank (with a little tendon, more delicious when sliced)  
1 green capsicum  
1 red capsicum  
1 teaspoon minced garlic

### Seasonings:

1 tablespoon cooking wine  
2 tablespoons sweet bean paste  
1/2 tablespoons soy sauce  
1 teaspoon sugar  
2 tablespoons water

### Method:

Cut stewed beef shank into slices. Rinse green and red capsicums, halve open and discard seeds, then cut into small pieces. Heat 2 tablespoons of cooking oil to high heat and stir-fry capsicums rapidly then remove and set aside. The color of the capsicums will be more beautiful if they are cooked first because the sweet bean paste darkens the dish. Use the remaining oil to stir-fry minced garlic and sweet bean paste until fragrant. Add the rest of seasonings to mix, then add beef shank and fry until even. Return capsicums to mix until even. Serve.

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