

## Braised Beef Recipe

**Ingredients:** Serves 4

1kg shin beef, left whole  
1 plant scallion  
2 slices ginger  
1 tablespoon Chinese yellow wine or hua teow jiu  
2 cups water to braise beef  
5 tablespoons vegetable oil  
10 cloves garlic, peeled and smashed  
6 slices mature ginger  
2 to 3 teaspoons salted soy beans or taucheo or  
white soybean cheese or fu yee  
2 nos. whole star anise  
1 finger-length cinnamon stick  
4 cups water to add to spice ingredients  
2 tablespoons dark soy sauce  
2 tablespoons light soy sauce  
¼ cup sugar or 100g rock sugar  
1 dried tangerine peel 6cm in diameter  
1 plant scallion  
¼ teaspoon salt, or to taste  
1 teaspoon corn flour, mixed with 1 tablespoon water to form a paste

### **Method:**

Bring 2 cups water to the boil; add scallion, ginger, yellow wine and beef. Boil for about 5 minutes. Drain, discard water and cut beef into 3cm cubes. Heat vegetable oil in a wok and stir-fry garlic and ginger for about 2 minutes until fragrant. Add beef cubes and stir-fry until browned. Add salted soybeans (mashed), star anise and cinnamon stick. Stir-fry briefly, then add 4 cups water, dark soy sauce, light soy sauce, sugar and tangerine peel. Bring to the boil and then bring to low to braise beef for 2 to 2½ hours until tender and gravy is slightly thickened. Add remaining scallion and sesame oil. Taste for salt. Boil for about 10 minutes; remove tamarind peel, cinnamon stick, star anise and scallions. Add corn flour paste and simmer until mixture becomes a thick sauce. Serve. This dish is delicious served over noodles and with blanched mustard greens.

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