

Five-Spiced Beef Noodle Soup Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

150g beef brisket
1 portion La noodles
2 stalks green stems baby bok choy

Seasonings A:

2 tablespoons cooking wine
8 star anise
10 cardamom
10 cups water

Seasonings B:

½ cup soy sauce
1 teaspoon five-spiced powder
1 teaspoon salt
1 tablespoon sugar
2 cups beef broth

Method:

Blanch the whole brisket in boiling water, rinse the foam and remove from water. Bring 10 cups of water to a boil, return brisket and add seasonings A. In order to make the five-spice flavor stand out, do not add too much liquid. Heat until boiling first, then continue cooking over low heat for 40 minutes. Remove brisket and cut into small pieces. Remove the spice dregs from the soup with a sieve. Cook brisket in wok with seasonings B added for 20 minutes until tender completely. Bring a pot of water to a boil, cook noodles until done and remove to a soup bowl. Rinse baby bok choy and cut into small sections. Blanch in boiling water until soft and add to the noodles, then drizzle with beef and soup. Drizzle the soup for cooking the beef over the noodles and spread brisket pieces on top. In addition to beef brisket, beef shank can be used as well. Serve.

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