

## Red Cooked Beef Tendon Recipe

### Ingredients:

2 pieces stewed beef tendon

2/3 lb kale

### Seasonings:

**A** 1 tablespoon cooking wine

2 tablespoons soy sauce

3 tablespoons stewing broth

1/2 tablespoon sugar

1/2 cup water

**B** 1 teaspoon salt

1 tablespoon cooking wine

**C** 1 tablespoon cornstarch water

### Method:

Cut stewed beef tendon into small pieces and cook with seasoning **A** until flavor is absorbed. Cut kale into small sections and rinse well, then stir-fry with 2 tablespoons of cooking oil and season with seasoning **B**. Cook until done, remove and line at the bottom of the serving plate. Cook above beef tendon until liquid is almost absorbed and thicken with cornstarch water. Remove to the top of kale. Serve.

Note: Beef tendon has collagens and is delicious when cooked until very soft. If it is too much trouble to prepare, just buy ready-made instead. Add chili pepper or chili bean paste if a strong flavor is desired.

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