

BEEF NOODLE SOUP (蔥燒牛肉麵, 半筋半肉)

(YIELD: 4 SERVINGS)



DRY INGREDIENTS

1. Beef shank 1 lb.
2. Beef tendon 1 lb.
3. Ginger 2 slices
4. Green onion 2 sticks (cut into 2" pieces)
5. Garlic 4 cloves (pressed)
6. Ground chili pepper ½ tablespoon
7. Star anise 2 tablespoon

WET INGREDIENTS

1. Hot bean sauce (辣豆瓣醬) 4 tablespoon
2. Soy sauce 4 tablespoon
3. Cooking wine 1 tablespoon
4. Salt ½ teaspoon
5. Water 6-8 cups depending on one's taste (~12 碗水)

DIRECTIONS

1. Let the beef tendon and beef shank cook in a hot boiling water for about 3 minutes, empty the pot and clean the meat off of its residues. (肉先汆燙)
2. In a deep pot, use 3 tablespoons of cooking oil, sauté green onion, ginger, garlic, hot bean paste, hot chili peppers. Add waters and the rest of the dry and wet ingredients. Let it cook on low heat for about 2 hours. (Remember not to cut the beef into chunks to retain its flavor and juice)
3. Take the beef out and cut into large chunks. Take out all of the dry ingredients and put the beef back into the pot and cook for another 1~2 hours with low heat or until tender.
4. To finish the dish, cook the noodles and the ba-choy (小白菜). Dice some green opinion, pour the beef soup over noodles and garnish with the greens.