

Taiwanese Beef Noodle Soup

Ingredients

For Blanching The Beef

- 1 kg of beef brisket, shank, chuck...The beef I used in the video is probably the cheapest beef but it still came out amazing so don't worry about any quality
- 2 tbsp of Shao Xing wine
- 3 slices of ginger

For The Braising Part

- 1.5-2 tbsp of vegetable oil
- 1.5 tbsp of sugar
- 4 slices of ginger
- 4 cloves of crushed garlic
- some white part of spring onion
- 1/2 of a medium size onion cut into chunks
- 1 stalk of cinnamon
- 2 pieces of bay leaves
- 3 pieces of hot chili Make sure you adjust the spicy level to your own preference. If you don't eat spicy food, you can skip the chili
- 2 pieces of star anise
- 2 pieces of dried orange peel. If you don't have dried orange peel you can use fresh ones. [Amazon buying link: <https://amzn.to/2PADfQU>]
- 1.5 tbsp of Sichuan Dou Ban Jiang
- 1 tbsp of tomato paste
- 2 tbsp of Shao Xing wine
- 1.5 tbsp of soy sauce
- 1 tsp of dark soy sauce
- 1/2 tbsp of salt

For the noodle

- 1 cup of noodles
- 1/2 cup unsalted beef stock or water
- a pinch of salt to adjust the flavor
- 1 cup of the braised beef soup we just made
- a few pieces of braised beef
- some blanched baby bok choy



★★★★★

4.69 from 16 votes

Instructions

1. You can use almost any cuts for this recipe such as beef brisket, shank, chuck. Cut into 1 and a half inch pieces.
2. Prepare a pot of cold water. Add your beef in along with few slices of ginger and 2 tbsp of Shao Xing wine. Once it comes to a boil, discard the whole pot of water. Wash the beef with running water to get rid of the blood scum. Drain it and dry it completely.
3. Heat up the wok and add some oil. Put your well-drain beef into the wok. Adjust the beef pieces so all they all touch the bottom of the wok. Brown the beef to get some nice color. Once you think it is good enough, turn the heat to low and push the beef to the side. Add 1.5 tbsp of sugar. Stir it until it turns into a caramel color. Stir the beef around so the sugar coats the meat and now we should add our aromatic and dried spices (4 slices of ginger, 4 cloves of crushed garlic, some white part of spring onion, 1/2 of medium size onion that I cut into chunks, 1 stalk of cinnamon, 2 pieces of bay leaves, 3 pieces of hot chili, 2 pieces of star anise, 2 pieces of dried orange peel, 1.5 tbsp of Sichuan dou ban jiang, 1 tbsp of tomato paste).
4. Mix everything together then add in the rest of the seasoning: 1.5 tbsp of soy sauce, 1 tsp of dark soy sauce, 2 tbsp of shao xing wine. Transfer everything into a clay pot {pressure cooker, slow cooker, regular pot}. Then fill it up with water. Don't forget to to rinse the wok. There are a lot of flavors. We don't want to waste that. The water should be enough to cover all the beef. I add about 1.2 liters of water. Cover it and bring this to a boil.
5. Once it is nice and bubbling, you can give it a taste to adjust the saltiness. I add about half tbsp of salt here. Turn the heat to low. Simmer it for 3-4 hours.
6. [3 HOURS LATER]
7. The broth should look incredibly flavorful and the beef should be super tender. You can prepare the noodles.
8. In a big noodle bowl, add in some unsalted beef stock. Add a pinch of salt in it. Then cook some noodles (Any type of noodles will go well with that delicious braised beef. Sometimes I use rice noodle, sometimes I use mong bean noodle. Today I am using my hand-made egg noodles. If you want to know how to make it, here is the video link:). Pour the braised beef soup into the bowl as well. The amount depends on your preference. Make sure you taste and adjust the flavor because there is a risk of over adding it. Top few pieces of beef on it. Add some blanched baby bok choy to balance the flavor. If you want to upgrade, you can add a perfectly cooked egg. That's it, your Taiwanese beef noodle soup is ready.

9. Enjoy your meal! If you have any questions about the recipes, just post a comment.