



BRAISED TAIWANESE BEEF NOODLES

Serves 4

Braised Beef Broth

Ingredients:

- 800g beef shank, boneless
- Vegetable oil, to cook
- 1 medium onion, sliced
- 3 spring onions, cut into 5 cm lengths.
- 4 slices ginger
- 6 cloves garlic, sliced
- 1 tbsp white sugar
- 3 tbsp spicy bean paste
- 120ml dark soy sauce
- 120ml Chinese cooking wine
- 120ml light soy sauce
- 2 medium tomatoes, quartered
- 1 tsp white pepper
- 1 tsp salt

Spice sachet

Ingredients:

- 4 star anise
- 2 cinnamon sticks
- 2 bay leaves
- 1 tbsp Sichuan Peppercorns
- 1 dried orange peel

Method:

To cook the beef, fill a large pot with water and add the beef shank. Bring to the boil and cook for 5 minutes until just cooked through. Remove the cooked beef from the pot, rinse under cold water and slice into 1cm slices. Discard the cooking liquid.

In a wok or large pan over medium to high heat add 2 tablespoons of vegetable oil. When hot, add in the onion, spring onion, ginger and garlic and stir fry until the onion starts to become translucent. Add the sliced beef and spicy bean paste and stir fry for a further 2 - 3 minutes. Add the light soy sauce, dark soy sauce, Chinese cooking wine, tomatoes, sugar, white pepper and salt and stir fry for 5 minutes until the



tomatoes have softened. Transfer to a pot over high heat and add 2 litres of water. Bring this to a boil. Combine all ingredients for the spice sachet in a cheesecloth and tie with some kitchen twine to enclose. Add the spice sachet to the broth and reduce heat to low. Simmer for 1 hour until the meat is tender then remove the spice sachet and turn off the heat.

Noodles

Ingredients:

- 300g plain flour
- Pinch of salt
- 155ml water, plus extra
- Vegetable oil, for coating

To Serve

Ingredients:

- 4 serves noodle
- 2 cups bok choy
- Spring onion, sliced
- Fresh coriander, chopped

Method:

To make the hand-smacked noodles, combine flour and salt in the bowl of a stand mixer fitted with a dough hook attachment. Start on low speed and slowly incorporate water. If the dough is a little dry, add an additional 1 tablespoon of water at a time. Turn the speed up to medium and let knead for 10-15 minutes until smooth and elastic. Cover with cling wrap and rest for 1 hour.

Line a tray with baking paper and set aside. Brush a clean work surface with oil and press the dough into a rectangle that is about half an inch in thickness. Cut into 10 equal strips, laying them flat on the counter. Pick up one noodle on both ends and lift it whilst slapping repeatedly onto the work surface while stretching to about 20cm ribbons. Place your noodles onto the tray and repeat the process. Cover with cling wrap to avoid drying out and set aside until required.

Bring a large pot of water to the boil. Cook the noodles for 2 – 3 minutes or until just cooked through. Drain and divide among your serving bowls. Cook the bok choy in the same boiling water for 1 minute, then drain and divide among your serving bowls. Ladle over a generous amount of soup along with the beef shank. Garnish with fresh spring onion and coriander.