

# Cantonese Braised Beef Brisket

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-chinese-beef-brisket-recipe>

## Ingredients:

- 2 1/4 pounds beef brisket cut into 1x2 inch pieces
- 5 1/8 cups daikon radish cut into 1 inch rounds the half it
- 1 large carrot cut into 1 inch rounds
- 6 slices old ginger
- 3 cloves garlic peeled
- 2 tablespoons sauce chu hou
- 1 tablespoon oyster sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon rock sugar or brown sugar
- 2 tablespoons cooking wine
- 1 tablespoon light soy sauce or to taste
- 1 tablespoon dark soy sauce
- 2 star anise
- 2 orange peels dried
- 1 bay leaf
- 1/2 cinnamon stick
- salt
- white pepper
- 1 tablespoon cooking oil
- 1 teaspoon sesame oil
- spring onions to garnish, optional
- cilantro to garnish, optional
- corn starch slurry, optional

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 155 milligrams
4. Fat: 23 grams

5. Fiber: 5 grams
  6. Protein: 56 grams
  7. SaturatedFat: 8 grams
  8. Sodium: 1160 milligrams
  9. Sugar: 9 grams
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