

Dim Sum Tripe Stew

Yield: 8 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-tripe-recipe>

Ingredients:

- 2 pounds tripe fresh honeycomb beef
- 2 quarts water
- 2 teaspoons salt
- 2 slices ginger smashed
- 1 scallion cut into 2-inch pieces and smashed with the cleaver or knife
- 2 tablespoons Shaoxing wine
- 1 tablespoon oil
- 3 slices ginger smashed
- 4 star anise
- 1 chinese turnip large, about 1.5 pounds, cut into 1 1/2 inch cubes
- 1 tablespoon Shaoxing wine
- 1/4 cup light soy sauce
- 1/4 teaspoon dark soy sauce
- 1 tablespoon light brown sugar
- 2 1/2 cups water
- 1 teaspoon sesame oil
- 1 pinch white pepper
- salt to taste
- 1 tablespoon cornstarch mixed into a slurry with 1 tablespoon water
- 1 scallion chopped

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 12 grams
3. Fat: 2.5 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. Sodium: 1170 milligrams
7. Sugar: 4 grams

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