

Slow cooker Chinese Pulled Beef

Yield: 5 min
Total Time: 460 min

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

Ingredients:

- 2 pounds beef brisket tied with string
- 1 cup beef stock from a stock cube
- 1/2 cup dark soy sauce
- 1/2 cup dry sherry or Chinese cooking wine
- 1 Orange
- 2 tablespoons dark brown sugar
- 5 garlic cloves skin on, smashed
- 2 shallots banana, peeled and roughly chopped
- 1 piece fresh ginger peeled and finely sliced
- 5 spring onions finely sliced
- 3 star anise
- 1 cinnamon stick
- 1/4 teaspoon Szechuan peppercorns crushed
- 1 tablespoon cornstarch cornflour, dissolved in a little cold water
- 1 red chilli finely sliced, to serve

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 110 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 43 grams
7. SaturatedFat: 5 grams
8. Sodium: 1840 milligrams
9. Sugar: 7 grams

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