

Cantonese Instant Pot Braised Beef with Radish

Yield: 4 min
Total Time: 105 min

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

Ingredients:

- 3 1/2 pounds beef rough flank, 1.5 kg, cut into 2 1/2-inch pieces
- 2 tablespoons vegetable oil 30 ml
- 7 slices ginger
- 1 cup Shaoxing wine 240 ml
- 3 tablespoons light soy sauce 45 ml
- 1 tablespoon dark soy sauce 15 ml
- 1 tablespoon oyster sauce 15 ml
- 3 pieces star anise
- 5 cloves
- 3 bay leaves
- 1 tablespoon sugar
- 2 pounds daikon radish 1 kg, peeled and cut into 1-1/2 inch pieces
- 1/4 cup chicken stock or water, mixed with 2 teaspoons cornstarch
- salt to taste
- 2 scallions cut on a diagonal into 1-inch pieces

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 270 milligrams
4. Fat: 67 grams
5. Fiber: 6 grams
6. Protein: 80 grams
7. SaturatedFat: 24 grams
8. Sodium: 1550 milligrams
9. Sugar: 11 grams
10. TransFat: 4 grams

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