

Braised Beef and Tendon

Yield: 6 min
Total Time: 165 min

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

Ingredients:

- 500 grams beef tendons cubed
- 500 grams beef brisket cubed
- 5 cups beef stock
- 1/3 cup soy sauce
- 1/4 cup rice wine
- 2 tablespoons oyster sauce
- 1 1/2 tablespoons brown sugar
- 1 star anise
- 1/2 teaspoon ground white pepper
- 3 stalks spring onions chopped
- 6 slices ginger
- 6 cloves garlic minced
- 2 shallots small, chopped
- fish sauce
- 1 tablespoon sesame oil
- peanut oil

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 50 milligrams
4. Fat: 10 grams
5. Protein: 24 grams
6. SaturatedFat: 3 grams
7. Sodium: 1430 milligrams
8. Sugar: 5 grams

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