

Chinese Lamb Noodle Soup

Yield: 5 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-ginger-lamb-recipe>

Ingredients:

- 3 pounds lamb shanks have your butcher cut 1-2 shanks into pieces to expose the marrow; you can also use a mixture of 2 pounds lamb sh...
- 2 tablespoons vegetable oil
- 4 slices ginger 2-inches/5cm long, 1/2-inch/0.3 cm thick
- 3 scallions cut into 2-inch/5cm lengths, white and green parts separated
- 12 cups water
- 6 large garlic cloves smashed
- 3 whole dried red chili peppers
- 6 cardamom pods white
- 2 star anise pods
- 2 bay leaves
- 2 ginger nuggets sand
- 1 piece cassia cinnamon
- 1 cardamom pod black
- 1 teaspoon coriander seeds
- 1 teaspoon Sichuan peppercorns
- 1/2 teaspoon white peppercorns whole
- 1/2 teaspoon fennel seeds
- 1/4 cup dried wood ear mushrooms rinsed thoroughly of any dust/dirt
- 3 teaspoons salt to taste; we prefer 3 teaspoons
- 18 ounces noodles dried sweet potato glass, or thin Chinese vermicelli noodles
- 1/2 cup Chinese celery finely chopped, to taste
- 1/2 cup cilantro leaves and stems, finely chopped to taste
- chili oil optional
- black vinegar optional
- ground white pepper optional

Nutrition:

1. Calories: 1110 calories

2. Carbohydrate: 92 grams
3. Cholesterol: 280 milligrams
4. Fat: 50 grams
5. Fiber: 9 grams
6. Protein: 69 grams
7. SaturatedFat: 18 grams
8. Sodium: 1680 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Chinese Lamb Noodle Soup above. You can see more 19 chinese ginger lamb recipe Discover culinary perfection! to get more great cooking ideas.