

Chinese Red Cooked Beef

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1 pound stew beef or chuck; cut into one inch cubes
- 4 cups beef stock or the liquid from the parboiling, or water. Plus more as needed
- 1/2 cup Shaoxing cooking wine
- 2 tablespoons dark soy sauce
- 1 tablespoon soy sauce
- 1 inch fresh ginger long piece of, ; crushed with flat side of the knife
- 1 tablespoon sugar
- 3 whole star anise
- 1 cassia bark – 2 inch square piece of
- 1 dried tangerine peel – 2 inch square of
- 1 teaspoon Sichuan peppercorns
- 1 teaspoon fennel seeds
- 4 red chilies dried, optional
- 1 medium carrot ; cut into 1 inch pieces
- 1 daikon radish medium, ; cut into 1 inch pieces
- 1 tablespoon green onion ; chopped
- 1 tablespoon fresh cilantro ; chopped

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 12 grams
3. Fiber: 2 grams
4. Protein: 6 grams
5. Sodium: 1160 milligrams
6. Sugar: 7 grams

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