

Yum Cha Style Beef Tendons

Yield: 6 min
Total Time: 200 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-tripe-yum-cha-recipe>

Ingredients:

- 1 kilogram beef tendons sliced
- 6 cups water
- 2 tablespoons oyster sauce
- 3 tablespoons soy sauce
- 2 tablespoons Chinese cooking wine
- 1 teaspoon sugar
- 1/2 teaspoon ground white pepper
- 1 tablespoon minced ginger finely
- 1 head garlic minced
- oil

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 3 grams
3. Fat: 3 grams
4. Protein: 1 grams
5. Sodium: 580 milligrams
6. Sugar: 1 grams

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