

# CHINESE BRAISED OXTAIL STEW

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/oxtail-ming-s-chinese-recipe>

## Ingredients:

- 3 pounds oxtail
- sea salt
- pepper
- 2 tablespoons vegetable oil
- 1/4 cup Shaoxing rice wine or dry sherry
- 1 cup beef stock low-sodium
- 2 tablespoons soy sauce
- 2 teaspoons brown sugar
- 2 star anise
- 2 whole cloves
- 2 lemongrass stalks trimmed and bruised
- 2 green onions trimmed and cut into 2-inch lengths
- 3 slices fresh ginger
- 2 garlic cloves sliced
- 1 Thai chili pepper cut into 1/2-inch lengths
- lime zest of a
- 1 cup fresh shiitake mushrooms trimmed or dried shiitake mushrooms rehydrated.

## Nutrition:

1. Calories: 1220 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 240 milligrams
4. Fat: 99 grams
5. Fiber: 3 grams
6. Protein: 62 grams
7. SaturatedFat: 41 grams
8. Sodium: 1000 milligrams

9. Sugar: 3 grams

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