

Chinese Braised Beef Noodles

Yield: 6 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/chuck-steak-chinese-recipe>

Ingredients:

- 1 1/8 pounds beef short ribs sliced into individual ribs or into pieces, depending on the cut of short rib
- 1 1/8 pounds chuck steak or gravy beef, cut into roughly 4cm cubes
- sea salt
- 1 tablespoon vegetable oil plus 1 tbsp extra
- 1 large onion sliced
- 1 5/8 inches ginger piece, peeled, finely julienned
- 4 garlic cloves finely chopped
- 1/2 cup Chinese cooking wine Shaoxing
- 2 whole star anise
- 1 cinnamon stick
- 1 teaspoon Chinese five-spice Homemade, , store-bought is also fine
- 3 tablespoons light soy sauce
- 1 teaspoon dark soy sauce
- 1 tablespoon tomato paste
- 1/4 cup brown sugar
- 2 teaspoons cornflour mixed with 1 tbsp water
- 1 1/8 pounds Chinese egg noodles fresh thin
- 1 tablespoon sesame oil
- sliced cucumbers to serve
- spring onion sliced, scallions, to serve
- chilli oil Homemade, to serve, optional

Nutrition:

1. Calories: 950 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 110 milligrams
4. Fat: 56 grams
5. Fiber: 3 grams

6. Protein: 39 grams
 7. SaturatedFat: 22 grams
 8. Sodium: 2440 milligrams
 9. Sugar: 9 grams
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