

Chinese Braised Beef With Ginger

Yield: 6 min
Total Time: 215 min

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

Ingredients:

- 2 1/2 tablespoons vegetable oil
- 1 beef shin or brisket, cut into very large chunks
- 2 onions
- 1/2 cup ginger
- 3 garlic cloves
- 1 bunch coriander
- 2 teaspoons Chinese five spice powder
- 6 whole star anise
- 1 teaspoon peppercorn black
- 7/8 cup muscovado sugar dark brown
- 3 3/8 tablespoons light soy sauce
- 3 3/8 tablespoons dark soy sauce
- 2 tablespoons tomato purée
- beef stock
- 1 chunk ginger shredded into matchsticks
- 1 tablespoon vegetable oil
- jasmine rice cooked

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 50 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 5 grams
8. Sodium: 1340 milligrams

9. Sugar: 20 grams
 10. TransFat: 1 grams
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