

Braised Beef Brisket and Daikon (?????)

Yield: 6 min
Total Time: 65 min

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

Ingredients:

- 3 pounds beef brisket cut into cubes
- 3 tablespoons vegetable oil
- 2 cups boiling water
- 3/4 ounce ginger sliced
- 3 cloves garlic
- 1 star anise
- 1 teaspoon five-spice
- 1/2 teaspoon ground white pepper
- 3 bay leaves
- 2 orange peels dried
- 6 cups water
- 1/4 cup Shaoxing wine
- 1/4 cup chu hou paste
- 1 cube fermented bean curd
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 1 tablespoon dark soy sauce
- 1 ounce yellow rock sugar Chinese
- 1 pound daikon chopped
- 4 stalks green onion sliced

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 140 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams

6. Protein: 50 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 830 milligrams
 9. Sugar: 3 grams
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