

Hong Shao Niu Rou Mian (Taiwanese Beef Noodle Soup)

Yield: 10 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-beef-shank-recipe>

Ingredients:

- 2 inches bone
- 8 pounds beef shanks
- 1/4 cup chinese rice wine
- 3 tablespoons whole black peppercorns
- 14 cloves garlic crushed
- 8 plum tomatoes quartered
- 8 whole star anise pods
- 4 yellow onions quartered
- 2 chiles de árbol dried
- 1 piece ginger chopped
- 3 tablespoons chinese black vinegar
- dark soy sauce
- sugar
- kosher salt
- 12 baby bok choy
- 1 1/2 pounds egg noodles thin
- greens Chopped pickled Chinese, for serving

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 200 milligrams
4. Fat: 18 grams
5. Fiber: 7 grams
6. Protein: 97 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 620 milligrams

9. Sugar: 10 grams

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