

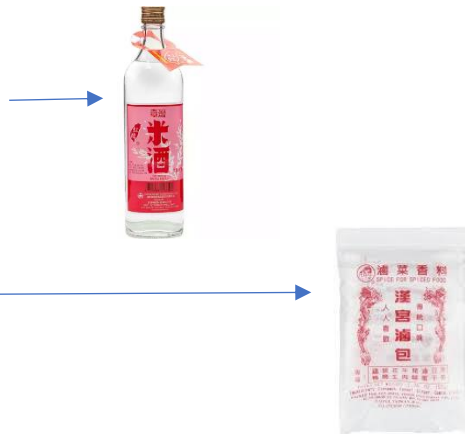


## 2021 UGA Street Festival

### Taiwanese Beef Noodle Soup

#### ★ Ingredients:

- Taiwanese Rice Wine, 200ml
- Ketchup, 400ml
- Soy Sauce, 150ml
- Noodles
- Braised Spices, 1~2 bags
- Ginger, 1 piece (about 4 inch)
- Beef Shank, 2~3 lb
- Big Carrot \*2
- Onion\*1
- Baby Bok Choy



#### ★ How to cook?

##### 1. Prepare and cut the ingredients

**(Don't forget to have the veggies washed before use!)**

Peel and slice the ginger; slice or dice the onion; wash the carrots, then have them rolling cut; washed the baby bok choy, then cut them into 2 inch pieces (the size depends on your preference); cut the beef shank into ½-inch slices

##### 2. Blanch the beef shank

Boil some water in a pot, when the water starts boiling, put the beef shank into the water. When the outer surface of meat looks cooked, use a colander to take out the beef and drain it.

##### 3. Stir Fry, take out your wok!

- Add some canola oil in the wok, after the oil is heated up, put the ginger into the wok and stir fry them to bring out the flavor.

- ➔ Add the sliced/diced onions, stir fry them all together until the onions soften.
- ➔ Then, put the blanched beef shank into the wok, stir fry them until the beef surface turns brown.
- ➔ Put in the rolling cut carrots into the wok and keep stir frying for about 3 minutes.
- ➔ After all the ingredients are properly cooked, transfer them to the pot.

#### 4. Soup time

Pour hot water into the pot until cover all the ingredients

- ➔ Add ketchup, rice wine and soy sauce, and stir them to be mixed fully.
- ➔ Add 2 bags of braised spice.
- ➔ Transfer the soup to an instant or pressure cooker, and cooked by the soup/broth mode.

(Note: It's also doable to stew the soup on the stove! That would take 1 to 1.5 hrs, but the beef will be more tender and the soup tastes much better. Make sure while stewing the soup, the soup should be boiling.)

#### 5. Prepare the noodles and bok choy; your beef noodle soup is ready!

When the soup is ready to serve, boil some water. After the water boils, add the bok choy and cook until just tender, about 2 minutes. Transfer to a bowl. Add the noodles and cook until softened, about 4 minutes, drain and transfer to the bowl. Put your beef soup into the bowl till cover the noodles. Enjoy!

