

Chinese Braised Beef with Star Anise

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Shopping List

Serves 4

- 1 kg diced casserole beef
- 2 large brown onions sliced
- 2 tbsp light soy sauce
- 2 tbsp ABC Sweet Soy Sauce
- 2 tbsp minced garlic
- 3 tbsp sweet chilli sauce
- 2 tbsp minced ginger
- ½ tsp ground cinnamon
- 4-5 whole star anise
- ¼ bunch fresh coriander roots washed and finely sliced

Method

1. Place garlic, ginger and onion in a hot large frypan with 1tbls of oil, fry for 3 mins.
2. Add the beef, ABC Sweet Soy Sauce, cinnamon, coriander, and light soy sauce. Fry for 5-10 mins until meat is browned.
3. Pour in enough water just to cover the meat. Add star anise and chilli sauce.
4. Cover and bring to the boil. Simmer for 1-2 hours until meat is tender.
5. During the last ½ hour of cooking you can add 2 sliced carrots and sliced celery. Also a side serve of steamed bok choy and rice accompany this dish.