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EPISODE 32 - SPICY NOODLE SOUP WITH BEEF

Ingredients for 6 serves:

700 g Beef chuck (braising)
400 g rice noodles (or any other asian noodles)
2 tbsp spicy bean paste - Lee Kum Kee Chili Bean Sauce (Toban Djan)
6 clove garlic
6 slices ginger
1 Onion
3 spring onions
2 sprigs coriander
Handful leaves Thai Basil?
1 or 2 pieces dried mandarine peel
6 Shiitake mushrooms r
2 bay leaves
1 Tomato large
3 baby pak choi plants
150 fresh bean sprouts
60 ml (4 tbsp) light soy sauce
½ tbsp Szechuan peppercorns
1 tsp star anise powder or 3 whole
½ tbsp Sugar
2 tbsp Canola Oil
4 tbsp Shaoxing wine
2 L water

Method:

Fill one large stock pot with 2 litres of cold water.
Add the ginger, spring onions, Shaoxing wine and beef chunks.
Cover and bring to a boil.
Immediately turn down the heat and simmer for 10 minutes.
Take off the heat and set aside.
Heat the oil in another pot over medium low heat, and add the Sichuan peppercorns, garlic cloves, onion, star anise and bay leaves.
Cook until the garlic and onion chunks start to soften (about 5 - 10 minutes).
Stir in the spicy bean paste.
Add the tomato and cook for two minutes.
Finally, stir in the light soy sauce and sugar.
Turn off the heat.

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Scoop out the beef, ginger, and spring onions from the 1st pot and transfer them to the 2nd pot.

Then, add the stock through a fine mesh strainer.

Place the pot over high heat, and add the mandarine peel, Thai basil and Shiitake mushrooms.

Cover and bring to a boil.

Immediately turn the heat down to a simmer, and cook for 60-90 minutes.

The soup base is done.

Remember to bring the soup base to a boil again before serving.

Cook the noodles in a separate pot according to the package instructions, and divide among your serving bowls

Add the pak choi

Top the bowls with hot broth, beef, bean sprouts, spring onions, and coriander.

Leftovers can be frozen and reheated for future meals