

# Chinese Beef, Vegetable and Noodle Soup

Yield: 6 serves | Prep: 10 min | Cook: 2 hr | Source: thestranger.online

Steaming beef noodle soup is a comfort to enjoy. Tender mouthfuls of beef and chewy noodles in a savoury, aromatic broth that will warm you through and through whilst providing you with some delicious vegetables too.

## Ingredients

- 2 tbsp vegetable oil
- 2 cloves of garlic peeled and crushed
- 1 1" piece of fresh ginger peeled and sliced (plus extra for serving)
- 4 spring onions sliced into circles
- ½ lb stewing beef cut into cubes
- 1 star anise
- ½ tsp Chinese 5 spice
- 1 cinnamon stick
- 4 cups beef stock
- 1 splash dry sherry
- 1 tbsp light soy sauce
- 2 tbsp low sodium dark soy sauce
- 1 tbsp fish sauce
- 1 tbsp oyster sauce
- 8 oz chinese flat noodles
- 6 leaves Chinese cabbage shredded
- 6 leaves pak choi
- Salt and pepper to taste

## Notes

Colour means flavour, don't avoid or lessen the time browning the beef. That's where the soup starts to build its deep, umami flavour.

Understand that the beef is controlling this recipe from the outset, be respectful to the cooking time. Rushing will only result in beef that's tough, chewy and disappointing; so plan ahead.



## Instructions

1. You can use a wok, a deep skillet or a sauté pan for this soup. Begin by heating the oil in your pan of choice over a high heat. Add the garlic, ginger, spring onions and the beef, allow it to brown on all sides stirring at all times to encourage colourisation.
2. Add the sherry and season with a little salt and pepper then allow the sherry to cook out for 1 or 2 minutes prior to covering with the beef stock. From there add the star anise, 5 spice and the cinnamon stick, and bring to a boil.
3. Lower the heat and simmer for 1 to 2 hours, until the meat is tender. If the liquid dissipates during cooking, add a little water to replenish, alternatively place a lid on the pan which shall keep the level constant.
4. Once the beef is tender, discard the star anise, ginger slices and the cinnamon stick and set the meat to one side. Heat the remaining broth through whilst adding both the dark & light soy sauce, oyster sauce, and fish sauce. Do not be mistaken by the names, light soy sauce has more sodium than dark soy sauce.
5. At this stage taste the broth to determine if the flavour is too intense or if there is too much umami, if so, add more water if you desire.
6. Bring an additional pan of water to the boil and cook the noodles according to the packet instructions, being careful not to let them get too soft. This is usually packet instructions minus 2 minutes. A great alternative is to boil a kettle and cover the noodles in a bowl and leave them for circa 10 minutes.
7. Whilst the noodles cook or hydrate, depending upon your method of choice, add the Chinese cabbage & pak choi to the soup & cook until tender, but not soft, 1 to 3 minutes should suffice depending on your desire.
8. Strain the noodles and portion them equally between the bowls. Divide the beef between the bowls and pour over the hot soup.
9. Serve with dried chilli flakes should your guests require them.