

Five Spice Beef

(China)

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Ginger, green onions and soy sauce at the heart of Chinese food. Various techniques such as braising, stir-frying, and deep-frying are used to cook food.

Ingredients:

2 pounds beef rib eye steak
2 green onions
1 ginger root
4 tablespoons Chinese cooking wine
1 teaspoon salt
4 tablespoons light soy sauce
3 tablespoons dark soy sauce
1 tablespoon Five Spice Powder
1 tablespoon sugar

Instructions:

Bring beef to a boil and place in a braising pan.

Add the salt, soy sauce, green onions, sugar, cooking wine, ginger, and Five Spice Powder to the stock.

Simmer covered 1 hour. All the beef to cook in the stock for 1 hour.

Remove and slice thinly and sprinkle with green onions.

Tips: If you are unable to find Five Spice Powder, substitute with cinnamon powder, star anise, cloves, and Sichuan pepper.