

# Taiwanese Beef Noodle soup

## Ingredients

Makes 6 servings

- 2 lb beef chuck or top round roast
- 3 scallions, halved crosswise
- 1 1/2 inch fresh ginger, cut into chunks
- 4 pods star anise
- 1/4 cup vegetable oil
- 4 cloves garlic
- 2 chiles, halved lengthwise, optional
- 1 medium white onion, sliced
- 1 tsp. sugar
- 2 tablespoons spicy or regular bean paste (or miso paste)
- 3/8 cup soy sauce
- 3/8 cup black vinegar
- 1/4 cup cup rice wine
- 2-3 carrots and other root vegetables as desired
- 1 lb. daikon radish, cut into large chunks
- 2 medium tomatoes, optional
- ground pepper to taste
- 1 teaspoon salt
- 1 dried bay leaf
- 1 lb. firm or extra firm tofu, cut into slabs
- 2 bundles flour noodle
- 2 cups bok choy

## Method

- In large pot, heat vegetable oil and sear beef on all sides until browned. Remove from pot and cut into thick slices.
- If pot is dry, add vegetable oil to coat bottom of pot. Add the onions, scallions, ginger, garlic, red chiles (optional), star anise pods, the onion, sugar, and bean paste. Cook until the onions start to become translucent.
- Add the sliced beef on top. Add carrots, daikon, and other root vegetables as desired.

- Add the soy sauce and vinegar, stir, then add the rice wine.
- Add more water until the meat and vegetables are just covered, then add the pepper, salt, and bay leaves. Cover and reduce the heat to low and simmer for at least 2 hours, until the meat becomes tender. Remove the bay leaves, ginger and star anise before serving.
- 20 minutes before serving, add slabs of tofu to top of soup, and allow to heat.
- Bring a separate large pot of water to boil over high heat and cook the flour noodles according to the package instructions. Remove the noodles from the water.
- Add the bok choy to the boiling water. Cook for 3 minutes, then remove.
- To assemble the soup, place a generous amount of noodles in the bottom of a bowl. Then, add bok choy, meat, tofu and broth.