MALAYSIAN

Beef Bone Soup (Sup Tulang)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**20 min**	**2 hr 30 min**	**Simmer**	**Braising ribs**

Ingredients

- 1 kg (2¼ lb) beef braising ribs, cut into 2-rib pieces
- 2 litres (8 cups) water
- 1½ tsp salt, plus more to taste
- 1 tbsp neutral oil
- 6 shallots, sliced
- 4 cloves garlic, sliced
- 4 cm (1½ in) ginger, sliced

WHOLE SPICES

- 1 tbsp coriander seeds, 2 tsp cumin seeds, 1 tsp fennel seeds and 1 tsp black peppercorns (or 3 tbsp ready-made sup spice mix instead)

WHOLE SPICES (CONT.)

- 2 star anise
- 4 cardamom pods, lightly crushed
- 4 cm (1½ in) cinnamon stick
- 2 cloves

VEGETABLES AND SERVING

- 2 carrots, in chunks
- 2 potatoes, in chunks
- 2 tomatoes, quartered
- Fried shallots, cilantro, sliced chilli and lime, to serve

Steps

1. Boil the ribs in water to cover for 5 minutes, then drain and rinse. This leaves the soup clear.
2. In a dry pot over medium heat, toast the coriander, cumin, fennel and peppercorns (or the ready-made mix) for 2 to 3 minutes, until fragrant. Tip them into a mortar or spice grinder and crush coarsely, then return to the pot.
3. Add the oil, shallots, garlic and ginger to the pot. Fry over medium heat for 4 to 5 minutes, until golden.
4. Add the ribs, water, salt, star anise, cardamom, cinnamon and cloves. Bring to a boil, then lower to a bare simmer.
5. Cook, covered, for 1 hour 45 minutes, skimming now and then, until the meat is very tender.
6. Add the carrots and potatoes and simmer 20 minutes. Add the tomatoes for the last 5 minutes.
7. Taste and adjust salt. Ladle into bowls and top with fried shallots, cilantro, chilli and a squeeze of lime.

Notes

- **Shortcut:** use 3 tbsp ready-made sup tulang spice mix from an Asian shop in place of the coriander, cumin, fennel and peppercorns; keep the star anise, cardamom, cinnamon and cloves.
- **Serving:** with bread, such as baguette or roti canai, for dipping, or with rice.
- **Make ahead:** the flavour deepens overnight. Fridge 3 to 4 days; freeze the broth 3 months, without the potatoes, and reheat to steaming hot.

- **Slow cooker:** do steps 1 to 3 on the stove, then cook with the water and whole spices on low 8 hr or high 4 to 5 hr, adding vegetables for the last 1½ hr (low) or 45 minutes (high).