



TAIWANESE

Taiwanese Beef Noodle Soup

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	4	25 min	2 hr 45 min	Braise	Brisket

Ingredients

- 1 kg (2¼ lb) beef brisket, cut into 5 cm (2 in) chunks
- 3 tbsp neutral oil
- 6 slices fresh ginger
- 6 cloves garlic, smashed
- 3 scallions, cut in lengths
- 3 tbsp doubanjiang (spicy fermented bean paste, or 2 tbsp gochujang + 1 tbsp white miso; sweeter, less funky)
- 2 tomatoes, quartered
- 1 onion, quartered
- 60 ml (¼ cup) Shaoxing wine (or dry sherry)
- 80 ml (⅓ cup) light soy sauce
- 1 tbsp rock sugar (or 2 tsp white sugar)
- 2 star anise
- 1 cinnamon stick
- 1 tsp Sichuan peppercorns (optional; without them the broth loses its tingle)
- 2 bay leaves
- 2 litres (8 cups) water
- 400 g (14 oz) fresh wheat noodles
- 2 bunches baby bok choy
- Pickled mustard greens, chopped cilantro and chilli oil, to serve

Steps

1. Boil the beef in a pot of water for 3 minutes until grey foam rises. Drain and rinse.
2. Heat the oil in a large pot over medium heat. Fry the ginger, garlic and scallions for 1 minute, then add the doubanjiang and cook 2 minutes until the oil turns red.
3. Add the tomatoes and onion and cook 5 minutes until softened. Add the beef and stir for 3 minutes to coat.
4. Pour in the wine and deglaze, then add the soy sauce, sugar, star anise, cinnamon, Sichuan peppercorns, bay and water.
5. Bring to a boil, lower to a gentle bubble, cover, and braise for 2 hours, until the beef is very tender but still holds together.
6. Taste the broth and add salt or soy if needed. Skim off any excess fat. Keep warm.
7. Boil the noodles in a separate pot of water until just tender, 2 to 3 minutes for fresh noodles. In the last minute, add the bok choy.
8. Drain the noodles and bok choy into bowls, top with chunks of beef, and ladle the hot broth over.
9. Finish with pickled mustard greens, cilantro and a spoon of chilli oil.

Notes

- **Other cuts:** shank or shin and tendon give a more gelatinous broth; mix them with the brisket.
- **Make ahead:** the braised beef and broth keep 3–4 days in the fridge (or 3 months frozen) and improve; cook the noodles fresh each time.

- **Milder soup:** use a half portion of doubanjiang and skip the chilli oil.
- **Slow cooker:** do steps 1–4 on the stove, then cook on low 8 hr or high 4–5 hr. Boil the noodles and bok choy separately.
- **Shortcut:** a pressure cooker braises the beef in about 45 minutes at high pressure with natural release.