

Ying Liu's Beer-Braised Beef Cubes for Kjell Bjorgeengen (24 March 2021)



Ingredients Serve 12:

Oil to cook the baby bok choy: 1 tablespoon

Baby bok choy: 2 pounds

Salt: 1 teaspoon

Rice: 6 cups

Water: add enough to cook the amount of rice in the rice cooker

Beef, cubed: 2 pounds

Light beer: 1 X 16 oz can

Star anises: 3 whole ones

Cinnamon: 1 stick

White pepper: 1/2 teaspoon

Ginger: 3 slices

Dark soy sauce: 2 tablespoons

Light soy sauce: 3 tablespoons

Sugar: 3 tablespoons

Steps:

Prepare the beef

- 1. Soak beef cubes for at least ½ - 1 hours and change water twice***
- 2. Boil the beef in cold water; after it brings to a boil, let it go for another minute to release more impurities***

- 3. Remove all impurities; thoroughly clean; drain***
- 4. Set up a pressure cooker or an Insta- pot, add beef, star anises, cinnamon, white pepper, ginger, dark and light soy, sugar and beer. Then add water enough to cover everything. Cook for 25 mins. If using regular pot, then it needs to simmer in low heat for 1 hour.***
- 5. Remove all the spices and herbs, drain the beef and set aside; reduce the sauce until it's thick; add beef back in, toss and coat in sauce.***

Prepare the bok choy

- 6. Add salt and oil to 10 cups of water, bring it to a boil.***
- 7. Add bok choy. Let it boil for 2 minutes.***
- 8. Drain***

Prepare the rice

- 9. Cook rice regularly***

Serve

- 10. Scoop some rice and beef, then add as much as bok choy as you like to your plate!***