

# Beef & Noodles



## Ingredients

- 1 one-inch cube of ginger, sliced
- 1 cup rice cooking wine
- 2 Serrano chiles, chopped
- 5 cloves of garlic, chopped
- 3 tbsp. rock sugar
- 2 tbsp. spicy bean paste
- 5 star anise
- 2 tomatoes, sliced into wedges
- 4 cups water
- 2 cups light sodium soy sauce
- 1 medium onion, sliced
- 46 oz. beef shank, cubed into 1 - 2 inch chunks
- 1 - 2 packs of oriental style noodles
- 6 - 8 stalks of small bok choy
- 8 stems of cilantro, chopped
- 3 stems of green onions, chopped
- Sesame oil

## Directions:

1. Place the chopped beef in the pot. Add the soy sauce, rice wine, water, and spicy bean paste.
2. Chop up all remaining ingredients, except bok choy and noodles, leaving the star anise and rock sugar whole. Add them all into the pot.
3. Shut the lid and set the **PRESSURE VALVE** to **SEAL**. Press the **CHICKEN/MEAT** button.
4. Boil a pot of filtered water to cook the bok choy, bringing the water to a rolling boil. Add the bok choy to the hot water and cook for 3 - 5 minutes. Remove and strain. Add the noodles to the same water and cook for 10 minutes until they are tender. Do not overcook. Remove and strain the noodles.
5. When beef mixture is done release the pressure by turning the valve to **VENT**.
6. Stir the beef mixture. If too salty, add more water. Discard the ginger and star anise pieces.
7. Place noodles into a serving bowl. Top with 1 - 2 bok choy stalks. Then ladle the beef and soy sauce mixture onto the noodles. Garnish with a splash of sesame oil, chopped cilantro and green onions.