

MRF BEEF RAMEN



Serves 4

15 mins preparation time

100 mins cooking time

INGREDIENTS

- 600g diced beef, cut into 4cm pieces
- 1/4 cup salt-reduced soy sauce
- 2 tbsp. extra
- 2L (8 cups) beef stock
- 1/4 cup white miso paste
- 2 tbsp. oyster sauce
- 2 tbsp. brown sugar
- 2 garlic cloves, finely chopped
- 4cm ginger, sliced
- 2 star anise
- 200g shitake mushrooms, sliced
- 1 bunch baby pak choy, quartered lengthways
- 150g snow peas, thinly sliced
- 4 free-range eggs
- 270gm ramen noodles
- Sesame seeds, red chilli, Siracha sauce, coriander sprigs to serve

METHOD

1. In a medium saucepan add beef, 1/4 cup soy sauce, oyster sauce, half the beef stock, brown sugar, garlic, ginger and star anise.

Bring to a boil, regularly skimming impurities off the top, and simmer, uncovered, for 1 1/4 to 1.5 hours or until the beef is tender and liquid has reduced and thickened. Drain off most of the liquid and set meat aside, covered with foil to keep warm. Once cool enough to handle, shred meat.

2. Add remaining beef stock to a large saucepan, 1 cup (250ml) water, miso paste, remaining soy, mushrooms, pak choy and snow peas. Heat over medium-low, cover for 5 minutes or until pak choy and snow peas are tender.
3. Meanwhile, cook eggs for 4 to 5 minutes in a medium saucepan of simmering water. Remove and place in a bowl of cold water. Once cooled, peel eggs and cut into halves.
4. In the same pan of boiling water cook noodles according to packet instructions. Drain.
5. Divide noodles among bowls and ladle miso soup and vegetables over the top. Add beef mixture and eggs to bowl. Serve sprinkled with sesame seeds, coriander, chilli and Sriracha sauce, if desired.

TIPS

1. The beef mixture can be used on noodles, Asian tacos, or served with rice and green vegetables.
2. You can substitute any Asian mushroom or Asian green vegetable of your choice in the miso soup.
3. You could serve the soup with any desired topping – green onions, Asian pickles, crispy shallots.

