

## Jenny's beef protocol

### Material:

Beef ( beef loin or any big piece of beef sold in the super maket) (3 lbs), star anise (2 pieces), ginger (5 big slices), sweet brown sauce (also known as sweet sauce of fermented flour) (1 bottle), Dark soy sauce, light soy sauce, sesame seed (as many as you like), pine nut (as many as you like), tomato (2), green leaf vegetable (1).

Note: star anise (八角), dark soy sauce (老抽), light soy sauce (生抽) and sweet brown sauce (甜面酱)are sold in most chinese super markets.

### Method:

1. Cut beef to 3'x4' pieces, and boil in water for 3 mins to get rid of excessive blood. Wash beef in clean water.
2. Put beef in cold water, add 2 pieces of star anise, 5 big slices of ginger, ¼ cup of dark soy sauce, ½ cup of light soy sauce, 1 bottle of sweet brown sauce. Use high heat till boil and change to low heat, cook for 2 hours. (Don't dry up, make sure the liquid level is above the beef level at most of the times, and leave small amount of the sauce at the end, but don't get the beef burnt). You may taste the sauce at the end of the 2 hour cooking time. If it is not salty enough, add some salt.
3. While the beef is cooked, fry sesame seeds and pine nuts. Cut tomato and green leaf vegetable, decorate your favourite plate with the tomato and vegetable.
4. When the beef is done (don't throw away the sauce used to cook the beef), cool it for a while (In fact cold beef will taste better than the hot one). Cut the beef in your favourite way and put the slices on your plate.
5. Spread the fried sesame seed and pine nuts on the beef. And pour some of the sauce (mother sauce, which you used to cook the beef) on the beef plate
6. You are done. Sit back and enjoy!



star anise