# Cantonese beef stew

食谱作者 V-ZUG 瑞族



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| 制备过程 | 30 分钟 |
| 烘烤的时间：烘烤时间取决于机器 | 2 小时 30 分钟 |
| 份 | 4 |
| 电器 | Combair SE 自 2015 年 |

## Preparation

750 g beef brisket, or beef for braising

6 blocks of tofu, dried

1 onion

6 cloves of garlic

2 carrots

200 g radish, white

700 ml water

4 tbsp soy sauce

4 tbsp oyster sauce

2 tbsp sesame oil

4 tbsp rice wine, e.g. Shaoxing wine

Pepper, white, ground

Salt

Break the tofu into about 6 cm pieces and soak in warm water for 30 minutes. Transfer to the porcelain dish

Cut the beef into large pieces, each weighing about 60 g, or alternatively have your butcher do this for you. Place these pieces of beef on top of the tofu in the porcelain dish and season with salt and pepper.

Cut the onion into 3–4 cm cubes. Peel the cloves of garlic and leave whole. Peel and, depending on size, halve or quarter the carrots. Peel the radish, halve and cut into about 2 cm thick slices.

Scatter the vegetables over the meat and add the liquid ingredients, making sure everything is covered.

Put the porcelain dish on to the wire shelf in the cold cooking space. Cook.

在 湿热风 期间为 **160** **2** 小时 **30** 分钟°C

## 配件

Porcelain dish ½ GN, depth 65 mm

Wire shelf

## 附加信息

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| 创建时间 | 11.12.2019 |