



## Beef Brisket Rice Recipe

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Preparation Time	10
Cooking Time	188
Serving Size	10

### Ingredients:

- 1 kg beef, brisket, cut into chunks
- 500 g beef, tendon, cut into chunks
- 2 cups water
- 1/4 cup onion, red, chopped
- 1 1/2 Tbsp garlic, crushed
- 1 pc cinnamon stick
- 5 pcs star anise
- 3 pcs bay leaf/laurel leaf
- 2 Tbsp sugar, brown
- 1/3 cup rice wine
- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1 pouch DEL MONTE Tomato Paste (150g)

### BEST SERVED WITH

- - rice, steamed
- 1 bunch bokchoy, blanched

### Preparation:

1. Put all ingredients in a sauce pot. Bring to a boil then turn down heat to simmer covered for 3 hours or until meat and tendons are fork tender.
2. Serve with bok choy and steamed rice.

### Chef's Tip

Beef tendon is the part of the meat that connects bones to muscles. It is made of collagen that makes it firm and chewy. Tendons turn to gelatin after cooking at low temperature over a long time, making it tender, gelatinous and flavorful.

### Lusog Notes

This Beef Brisket Rice recipe is high in protein that is essential for growth and aids in the formation of antibodies that fight illnesses. It is also a source of niacin that promotes normal digestion and healthy skin.

### Cooking Skills Needed

- Boiling
- Simmering

### Cooking Tools

- Chopping Board
- Measuring Cups

- Measuring Spoon
- Sauce Pot
- Spatula

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