



## Emperor's Beef Brisket Recipe

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Preparation Time	15
Cooking Time	136
Serving Size	7

### Ingredients:

- 2 Tbsp oil
- 1/2 cup onion, chopped
- 2 Tbsp garlic, minced
- 1 pc bay leaf/laurel leaf
- 1/4 tsp peppercorn
- 750 g beef, brisket, cut into chunks
- 2 Tbsp oyster sauce
- 1 Tbsp hoisin sauce
- 1/4 cup rice wine
- 4 cup water
- 2 pouch DEL MONTE Pineapple Tidbits (115g)

### Preparation:

1. Sauté onions, garlic, laurel, and peppercorns in oil. Add beef and cook until brown.
2. Add oyster sauce, hoisin sauce, rice wine, and water. Cover and simmer over low heat for 1 to 2 hours or until beef is tender.
3. Add in DEL MONTE Pineapple Tidbits with syrup and cook for 5 more minutes.

### Chef's Tip

Brisket is a tough part of meat. Cook over low heat so that the "litid" becomes tender.

### Lusog Notes

This Emperor's Beef Brisket recipe is high in protein and vitamin C. Protein is important for growth and development while vitamin C helps fight common infections and aids in wound healing.

### Cooking Skills Needed

- Boiling
- Sautéing
- Simmering

### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon