



## k.Dinners' Taiwanese Beef Noodle Soup

1. INGREDIENTS
2. METHOD

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### **A / Soup Base:**

- 2lbs Onions
- Salt
- 25 mL Soy (more to taste)
- 25 mL Cooking Wine (more to taste)

### **B / Noodles:**

- 200g All-purpose flour (makes extra)
- 100g Water

### **C / Black garlic oil:**

- 5 bulbs / Black Garlic
- 150g / Beef/Wagyu Fat
- 10g / Minced Garlic
- 10g / Minced Ginger
- 1pcs / Star Anise
- 3g /Sichuan Peppercorn
- 1/2 pc / Bay Leaf



## **D / Beef:**

- 150g / Beef Striploin (raw weight)
- 10g / Black garlic oil (More for flavour)
- 10g / Chili Bean Sauce (More for saltier flavour)
- 1 / Green Onion
- 10g / Crispy Beef Fat

## **METHOD** -----

### **Soup Base:**

1. Peel and slice the onions thinly and place in a single layer in a vacuum/temperature safe bag.
2. Sous vide the onions at 85°C for 4 days. Make sure the bag stays submerged by putting a weight on it. Add extra water to the bath as it evaporates over the 4 days.
3. Remove the bags and let them cool completely in an ice bath or a cold water bath.
4. Use a fine strainer and strain all the onion liquid out. Press firmly on the onions to extract all the liquid. Take an extra fine strainer, place a pot under it, and strain out the tiny pieces of onion.
5. Add the remaining ingredients and bring to boil. (This removes any raw onion flavour and also cooks out the cooking wine.)
6. Place in the fridge to cool.

### **Noodles:**

1. Combine flour and water in a stainless steel bowl and mix with chopsticks. Mix until pea size particles are formed.
2. Use your hands to gather the flour and slowly knead it into a dough. Do all the initial mixing inside the bowl to keep a clean working surface.



3. Next, bring the dough onto a clean working surface and begin to knead until the surface of the dough starts to appear smooth.
4. Rest for 10 mins and knead again until the surface becomes completely smooth and almost shiny. Rest for 20 mins.
5. Roll it to the 2nd thinnest setting on your pasta machine, then cut the noodles using the thin noodle setting. If you don't have a pasta machine, you can roll out the soft dough and cut the noodles individually.
6. Cook the noodles immediately in a pot of boiling water for 2 mins and rinse under cold water for 2-3 mins.
7. Set aside in the fridge to cool down

### **Black garlic oil:**

1. Cut beef fat into small cubes. Add them into the pan at medium heat and render the fat until all the chunks have become golden brown and crispy.
2. Strain the fat, set aside the crispy bits, and return the fat back into the pan.
3. Add all the spices, 5g garlic, and 5g ginger to the fat and infuse at a low simmer for 10 mins. (See other video)
4. Strain, discard the spices, and add the fat back into the pan. (See other video)
5. Peel and chop the black garlic and add it into the fat. Cook until they soften.
6. Add remaining 5g garlic and 5g ginger and cook until aromatic. Blend the fat using a hand blender, and keep at room temperature.

### **Beef:**

1. The 100g portion can be cut into large 2-3cm chunks.
2. Take the striploin and cut off 50g for the tartare component. Cut into small diced pieces and place into a bowl for mixing.
3. Cut the green part of the onion into rings and the whites into long strips. Add it to the bowl with raw beef.
4. Get a pan ready with a little oil, salt the beef and sear on high heat until you get a beautiful caramelization on the outside (and medium rare on the inside).
5. Let the beef and pan cool down and spoon in the black garlic oil. Mix until the beef is well coated.



6. Next, add in the chili bean sauce and stir until the meat is completely coated and the bean paste has had a chance to cook out.
7. Remove from the pan and let it cool before you add it to the raw beef. Add crispy beef fat and some black garlic oil.
8. Mix all the ingredients together and taste, if it needs more salt, you can add some chili bean sauce, if it needs a little bit of sweetness/richness, add a little more black garlic oil.

### **To Finish:**

1. Once everything has cooled in the fridge, take the noodles and place them in the bowl.
2. Taste the cold soup and adjust the seasoning if necessary with salt or soy.
3. Spoon the soup over the noodles and gently stir the noodles to help remove any clumps.
4. Make a platform with the noodles by picking up the noodles and layer them on top of each other in a back and forth motion.
5. Place the beef on top of the platform. Finish with a little bit of black garlic oil.