

BEEF NOODLES

Beef Noodle



Beef bone broth is the kind of thing that normally means a stockpot on the back of the stove all day and someone skimming it. Ours is already made — beef bone simmered down with carrot, onion, celery, leek, ginger and garlic — so the work left to you is thinning it, warming it and keeping the beef rare.

Mi tarik is hand-pulled noodle, and it is the reason this bowl eats the way it does: chewier and springier than a standard ramen, and thick enough to hold up in a clear broth. Written for two.

COOKING TIME

20 minutes, start to finish

SERVING SIZE

2 bowls

INGREDIENTS

Ippin Mi Tarik, Ippin Beef Broth, Ippin Onion Oil, thinly sliced beef, shiitake mushrooms, carrot, bamboo shoot, spring onion, chilli flakes, sesame seeds

KITCHEN UTENSILS

Large pot, medium pot, ladle, tongs, chopsticks, colander, kitchen scale, two deep bowls

ORGANIC & FRESH FOOD INDUSTRY SDN. BHD.

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THE RECIPE



01 Warm the beef broth

Weigh 200 g of Beef Broth into a pot with 300 ml of water — the pack ratio is 1:1.5 for noodles — and bring it up to a boil. Taste it before you go further and season from there; the broth is built to be finished in the pot rather than to arrive seasoned.



02 Simmer the vegetables

Drop the carrot, shiitake and bamboo shoot into the broth and let them simmer until the carrot gives to a knife, six to eight minutes. They season the broth as they cook, which is why they go in now rather than on top at the end.



03 Cook the Mi Tarik

Cook 200 g of Mi Tarik in a separate pot of unsalted boiling water — two and a half minutes for the 1.75 mm noodle — then lift it into cold water for a few seconds and drain it hard. Never cook the noodle in the broth; the starch clouds it, and this bowl is meant to be clear.



04 Blanch the beef

Lay the sliced beef into the simmering broth a few pieces at a time and lift it out the moment it turns from red to pale pink — fifteen or twenty seconds. It carries on cooking in the hot bowl, so pull it while it still looks underdone.

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05 Build the bowl

Coil the drained noodles into two warmed bowls, ladle the hot broth over, and arrange the beef, carrot, shiitake and bamboo shoot on top so each one is visible rather than buried.



06 Finish with onion oil

Once the noodles and broth are assembled, spoon 10 g of Onion Oil over each bowl. It is ready to use straight from the pouch and needs no heating — it goes on last because the aroma is the point, and it lifts off a hot bowl the moment it lands. Add the shredded spring onion, a pinch of chilli flakes and a scatter of sesame seeds.

READY TO SERVE



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The broth should stay clear enough to see the noodles through it, and the beef should still be pink at the centre. If yours is, you have it right.

Cook the noodles in their own water.

Boiling them in the broth is the quickest way to ruin it — the starch turns a clear beef broth cloudy and slightly gluey.

Pull the beef early.

Fifteen to twenty seconds in simmering broth is enough. The bowl keeps cooking it after you have plated it, and overdone slices go grey and tough.

Taste the broth before you season.

The pack ratio is 1:1.5 with water for noodles. The spec expects you to season in the pot, so taste at that point rather than assuming it is finished.

Onion oil is an aroma, not an ingredient.

It goes over the assembled bowl, off the heat and last of all. Cooked into the broth or stirred through, the fried-onion smell that is the whole point of it disappears.

Vegetables in the broth, not on the bowl.

Simmering the carrot and shiitake in the broth puts their flavour into it. Added at the end they are just garnish.

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