

Housing Channel

Title: Winter Recipe – Braised Beef Shank with Carrot and White Radish

- Super: Healthy Recipes for Elderly
- Super: Winter Recipes
Braised Beef Shank with Carrot and White Radish
Rich in protein and iron
- Super: White radish is a seasonal winter produce, full of nutrients
Contains vitamin C, dietary fibre, potassium and magnesium
Use of natural seasonings could reduce the use of high sodium/sugar condiments
- Super: Use beef shank instead of beef brisket to reduce saturated fat intake
- Super: Ingredients (4 servings):
Bay leaf (3 pc.), Star anise (2 pc.)
Beef shank (400 g)
White radish (320 g)
Carrot (120 g)
Spring onion (2 pc.)
Ginger (8 slices)
Vegetable oil (2 tsp)
Salt (3/4 tsp)
White pepper (a pinch)
Water (6 cups)
- Super: White radish
Carrot
Beef shank
- Super: Add ginger and spring onion
Blanch beef shank
5 minutes
- Super: Vegetable oil
Ginger
Beef shank
Water
Bay leaf, star anise

Super: Simmer
1 hour

Super: White radish and carrot
Simmer
30 minutes

Super: Season with salt and white pepper

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Please visit Elderly Health Service, Department of Health's website
for more healthy recipes
www.elderly.gov.hk