

Red Cooked Beef With Sweet Potatoes

Inspired by Eating Well, Jan/Feb 1996

Yields: 6 main-dish servings, more if serving with rice

Ingredients:

- 2 Tablespoons oil
- 1 medium size yellow onion, halved then cut in thin wedges
- 8 large cloves garlic, peeled, degermed and minced
- 12 slices of ginger, peeled, and further cut thinly (julienned)
- 2 cinnamon sticks
- 1/2 teaspoon of ground cinnamon*
- 1 1/2 teaspoon hot chili paste (I use 1 Tablespoon of [this sauce](#), but figured most people may want to tame it a little)
- 1 teaspoon anise seeds
- 1/2 cup soy sauce
- 3 Tablespoons rice wine/ sake (in a pinch use rice vinegar)
- 1 Tablespoon sugar
- 2 cups (500 ml) water
- 2 1/4 pound (1 kg) stewing beef, cut in 1 inch cubes
- 2 1/4 pound (1 kg) sweet potatoes, peeled ** and cut into 1 1/2-inch cubes
- 1 generous pound (500g) of young Chinese mustard greens such as tatsoi, bok choy etc washed, trimmed as appropriate (or spinach if you must)

Instructions:

1. Heat a large heavy-bottom pan over high heat. Add oil. Add onion and stir-fry 1 or 2 minutes until onion start to color. Add ginger, garlic, cinnamon sticks, cinnamon and anise seed. Stir-fry until fragrant 15 to 20 seconds. Add soy sauce, wine rice, sugar. Stir. Add water and bring to boil.
2. Add beef, bring to boil. Reduce heat to low and simmer, partially covered until meat is tender About 1 hour.
3. Add the sweet potatoes and continue to cook until just about 20 minutes.
4. Remove the cinnamon sticks.
5. Add the greens, mixing some in, cover and cook until wilted, just a few minutes (if you are using mature greens, chop first and cook longer).
6. Ladle into bowls and enjoy! I often serve it with rice to make it stretch even longer.

** yes, I love cinnamon too.*

*** wait to peel and cut the sweet potatoes until time to add hem to the stew, or they may oxydize*

*Originally Posted on Rappahannock Cook & Kitchen Garden Blog on February 8, 2009
<http://www.laughingduckgardens.com/ldblogger.php/2009/02/08/goodbye-my-sweets/>*