



## Beef Ramen

Full of delicious and zingy flavour, you're going to want to try this recipe from Borough Broth Co. founder, Ros Heathcote

Serves: 2

Prepare: 20 Minutes

Cook: 35 Minutes

Difficulty: easy

## Ingredients

- [660ml organic beef bone broth](#)
- 300ml filtered water
- [300g bavette steak](#)
- 200g udon noodles
- 1 piece star anise
- 2tsp tamari (or dark soy sauce but tamari is gluten-free)
- 1tsp unrefined sugar
- 2 garlic cloves
- 1-inch piece of ginger
- 1/2 Chinese cabbage
- 6 spring onions
- 2 eggs

## Method

1. Peel the ginger and slice into matchsticks, crush the garlic and remove the skin
2. Add the ginger, garlic and star anise, sugar and tamari to the simmering broth. Don't let the broth boil too violently for too long, you want it nicely simmering
3. Put a large and a small pan on and boil water in both
4. In the large pan cook the noodles according to the packets instructions
5. In the small pan once the water is boiling, add the egg and continue to boil for 4 minutes exactly. Once the 4 minutes is up, remove the egg and rinse under the cold tap so it's easy to handle. Then gently peel, doing your best to keep the whites intact
6. Heat a small frying pan/griddle pan on a very high heat (ideally use cast iron but if not use a little rapeseed oil). Once the pan is almost smoking add the bavette steak whole. Do not move around, leave it as is and let it sear on one side for 2 minutes, turn it over and repeat. You want the outer edge to be fully seared and the centre to be extremely rare. Don't worry this will cook a little more once it's in the broth
7. Once seared, remove the steak carefully and place on a plate to rest for 10 minutes
8. Slice the cabbage and spring onions - slice the cabbage into long strips sideways so they look like little crêpe streamers, keep the spring onions reasonably whole and as much of the green as possible. Slice them in half widthways to keep them intact
9. When there are only 10 minutes to go, sieve the broth removing the star anise, ginger and garlic so you're left with a silky smooth consistency
10. Add in the spring onions to the broth. Cook for 5 minutes

then add the cabbage

11. Now rested, slice the bavette steak into thin slices displaying the rare interior, place the now cooked noodles in the bottom of 2 large bowls, slice the boiled eggs carefully in half and place next to the steak
12. Using tongs, place the spring onions and cabbage into the bowls, arrange the beef on top carefully
13. Finally, pour the broth over the beef ensuring the noodles are swimming