

Bison Shank Noodle Soup

Serves: 6-8

Ingredients

- Base Stock
- 2 Kgs beef or game marrow bones
- 2 pcs white onions
- 1/2 cup fried garlic
- 1/2 cup shallots sliced
- water
- Noodle Soup
- 6-8 pcs of Taiwanese style wide dried rice noodles
- 1 1/2 kg bison shanks
- 2 litres of stock
- 1/2 cup soy sauce
- 2 tsp chilli garlic sauce
- 2 tbsp. Chinese cooking wine
- 1 tbsp. dark brown sugar
- 2 pcs star anise
- 6 spring onions, white parts only and chopped
- 1/2-inch ginger, sliced
- 3 garlic cloves, minced
- water
- fish sauce
- vegetable oil
- Garnish
- 2 bunches of bok choy
- spring onions chopped
- soy sauce
- sesame oil
- freshly ground black pepper

Method

Base Stock

1. Prepare a day ahead, in a stock pot add the beef or game marrow bones and fill it with enough water to cover the top, bring it to a boil and wait until scum rises to the top.
2. Turn heat off then drain and rinse the bones, remove any scum on the pot as well as the one on the bones.
3. Place bones back into the clean stock pot together with remaining base stock ingredients apart from the tendons, pour two litres of water then bring to a boil, once boiling lower heat and simmer for 2 hours.
4. Let it cool and once it cooled down place it in the refrigerator.
5. Next day, remove stock from the fridge then remove any solidified fat that rose on top, leave a little a bit of fat adds some flavour.
6. Heat stock up just enough to melt the solidified collagen, then drain stock to another pot using a fine sieve. Set clear broth aside.

Noodle Soup

1. In a large pot add oil then brown bison shanks on all sides, remove bison from pot then set aside.
2. Sauté the spring onions, ginger and garlic.
3. Combine the soy sauce and chilli garlic sauce then pour into the pot, sauté until fragrant.
4. Pour the stock then add the bison, cooking wine, sugar, and star anise. Bring to a boil, skimming any scum that rises on the top. Simmer in low heat for 2 hour or until bison is fork tender, add water if necessary and to adjust taste. Season with fish sauce.
5. Cook noodles according to packet instructions.
6. Blanch the bok choy.
7. Place noodles into bowls together with some blanched bok choy, scoop some broth and bison into the bowls.
8. Serve with chopped spring onions, soy sauce and sesame oil on the side

