



## Chinese Brisket and Turnip Stew

 **Gluten Free**  **Dairy Free**

READY IN



240 min.

SERVINGS



6

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pound brisket trimmed cut into 2-inch pieces
- 0.3 cup miso
- 2 pounds daikon radish
- 2.5 inch ginger fresh unpeeled
- 8 medium garlic clove smashed
- 2 teaspoons granulated sugar
- 1 teaspoon kosher salt as needed plus more
- 2 cups chicken broth low-sodium

- 1 bunch spring onion
- 3 star anise
- 2 tablespoons vegetable oil
- 2 cups water plus more for blanching the brisket

## Equipment

- bowl
- paper towels
- pot
- plastic wrap
- dutch oven
- colander

## Directions

- Fill a large heavy-bottomed pot or Dutch oven halfway with water and bring to a boil over high heat.
- Add the brisket pieces and return the water to a boil. Immediately drain the meat through a colander and rinse any scum off of it with cold water; set aside. Wash and dry the pot.
- Heat the oil in the pot over medium-high heat until shimmering.
- Add the ginger and garlic and cook, stirring occasionally, until fragrant and starting to brown, about 1 minute. Return the meat to the pot, add the chu hou paste, and stir to coat.
- Add the chicken broth, measured water, star anise, sugar, and measured salt and stir to combine. Bring the mixture to a boil. Cover with a tightfitting lid, reduce the heat to low, and simmer until the meat is tender, about 2 1/2 to 3 hours. Meanwhile, peel and cut the turnips or daikon into 1-1/2-inch cubes, place in a large bowl, and cover with a damp paper towel or plastic wrap. Trim and cut the scallions into 1-inch pieces, place in a small bowl, and cover with a damp paper towel or plastic wrap. Refrigerate the vegetables until the meat is tender.
- Add the turnips or daikon to the pot and stir to combine. Cover and simmer, stirring halfway through the cooking time, until tender, about 30 to 40 minutes.
- Remove the pot from the heat, stir in the scallions, and let sit uncovered for 5 minutes to allow the scallions to soften slightly.

- Remove and discard the star anise pods. Taste and season with salt as needed.
- Serve with steamed rice or rice noodles.

## Nutrition Facts

**PROTEIN 46.44%** **FAT 44.03%** **CARBS 9.53%**

### Properties

Glycemic Index:40.85, Glycemic Load:4.05, Inflammation Score:-6, Nutrition Score:35.335652102595%

### Flavonoids

Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

### Nutrients (% of daily need)

Calories: 587.67kcal (29.38%), Fat: 28.26g (43.48%), Saturated Fat: 8.84g (55.25%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 10.41g (3.79%), Sugar: 6.11g (6.78%), Cholesterol: 187.48mg (62.49%), Sodium: 1114.95mg (48.48%), Alcohol: 0g (100%), Protein: 67.07g (134.14%), Vitamin B12: 7.44µg (123.93%), Zinc: 13.74mg (91.6%), Selenium: 52.1µg (74.43%), Vitamin B6: 1.43mg (71.51%), Phosphorus: 695.2mg (69.52%), Vitamin B3: 13.48mg (67.42%), Vitamin C: 35.51mg (43.05%), Potassium: 1479.33mg (42.27%), Iron: 7.2mg (39.98%), Vitamin B2: 0.6mg (35.58%), Copper: 0.54mg (27.17%), Magnesium: 104.73mg (26.18%), Vitamin B1: 0.36mg (23.77%), Vitamin K: 24.43µg (23.27%), Folate: 68.73µg (17.18%), Manganese: 0.29mg (14.54%), Fiber: 3.36g (13.43%), Vitamin B5: 1.34mg (13.42%), Vitamin E: 1.37mg (9.15%), Calcium: 82.06mg (8.21%), Vitamin A: 51.76IU (1.04%)