

# Taiwanese Braised Beef Shanks

## Ingredients

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2 lb Beef Shank	1 T Vegetable Oil
1 Ginger (1-inch, peeled and	sliced)
4 clv Garlic (smashed)	1 Cinnamon Stick
3 Star Anise	4 c Water
1/4 c Rice Wine	1/4 c Soy Sauce
1/4 c Dark Soy Sauce	1 T Oyster Sauce
2 T Sugar	1/4 t Ground Black Pepper
1/2 t Five Spice Powder	3 Bay Leaves
4 Dried Chilies	

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## Instructions

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1. Place beef shank into a pot, fill with enough cool water to cover the beef. Bring the water to a boil over high heat for 10 minutes, then discard the water and rinse the beef shank with cold water. Set the beef aside.
2. Press the saut   button on the Instant Pot. When the "hot" indicator turns on, pour the oil into the pot, swirling to coat evenly. Place the ginger and garlic into the pot and stir until you can smell their aroma. Add star anise and cinnamon stick and stir for several seconds.
3. Add water, rice wine, soy sauce, dark soy sauce, oyster sauce, sugar, black pepper, five spice, bay leaves and chilis. Mix until well blended. Place the beef shank into the liquid, ensuring that most of the beef is soaking in the liquid.
4. Close the lid, cancel the saut   function and pressure cook for 45 minutes. Make sure the steam valve is in sealing position. When time is up, do a quick release or allow the pressure to naturally release.
5. Enjoy the beef immediately over rice. You may wait for beef to cool then refrigerate overnight in braising liquid. Roll beef a few times to ensure it is coated. To enjoy them chilled, slice thinly and top with green onions then serve.