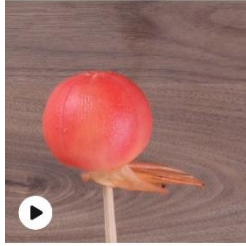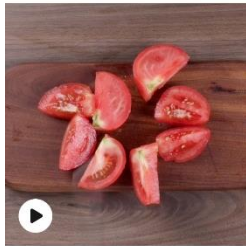番茄去皮。
方法一，番茄划十字花刀，微波炉离火1
到2分钟。
方法二，番茄划十字花刀，戳一根筷子，
放在明火上，转动番茄，烤30s左右。

如果不介意带皮的话也可以不去。

步骤 2

2个番茄切丁，2个番茄切块。

步骤 3

牛腩切块，冷水下锅焯水，去掉浮沫杂
质，捞出。

步骤 4

锅中倒10g油，放入蒜片、姜片、干辣椒
爆香。倒入番茄丁，炒出红油，倒入牛
腩，翻炒均匀。加入料酒、生抽、八角、
香叶、冰糖，再倒入高出牛肉1cm的热
水，大火煮开后，转中小火慢煮1h左右。

步骤 5

牛肉煮烂后，加入番茄块、老抽，大火煮
10min左右，加盐和香菜。

Stewed Beef Brisket with Tomato

1.Peel the tomatoes:
Method 1: Use a knife to make a cross on the tomatoes, and heat in the microwave for 1 to 2 minutes.
Method 2: Use a knife to make a cross on the tomato, poke a chopstick, place it on an open flame, turn the tomato, and roast for about 30 seconds.

2. Cut two tomatoes into small cubes and two tomatoes into large pieces

3.Cut Beef Brisket into cubes(not large not small), boil in a pot under cold water to remove foam and impurities, then remove Beef Brisket to save for later.

4.Pour oil in the pot, add garlic slices, ginger slices and dried chilies(if you want). Stir fry until fragrant, then add the small tomatoes cubes and fry the red oil. Then pour the Beef Brisket and stir fry evenly. Add cooking wine, light soy sauce, star anise, bay leaf, rock sugar, and then pour in hot water 1cm higher than the beef. After boiling on high heat, turn to medium heat and simmer for about one hour .

5. After the beef is boiled, add large tomato pieces and dark soy sauce, cook for about 10 minutes on high heat, and add salt and coriander.