

Beef Kway Teow Recipe

Ingredients: Serves 4

300g lean beef fillet
600g fresh rice noodles or kway teow
100g Chinese chives, optional
500g beansprouts, with roots and heads
plucked off (ie. "silver" beansprouts)
6 tablespoons vegetable oil
4 slices ginger
4 cloves garlic, chopped

Seasoning:

1½ tablespoons light soy sauce
2 teaspoons Chinese yellow wine or hua teow jiu
1 to 1½ tablespoons oyster sauce
1 teaspoon sugar
1 teaspoon corn flour
1 teaspoon sesame oil
1 tablespoon fish sauce (nampla)
1 tablespoon vegetable oil

Method:

Slice beef thinly against the grain. Mix all the seasoning ingredients except sesame and vegetable oil. Marinate beef with seasoning for about 10 minutes; add sesame and vegetable oil. Heat 1½ tablespoons oil in a wok. Stir-fry chives and beansprouts until slightly limp. Set aside. Heat 2 tablespoons oil in wok and stir-fry garlic until crispy and golden. Add rice noodles and stir-fry for about 4 minutes until lightly browned. Remove noodles and place in a container. Heat remaining oil in wok; add beef, the remaining marinade and ginger slices. Stir-fry beef until color changes. Add the rice noodles and beansprouts; stir-fry until everything is well mixed. Serve.

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