

## Beef with Sesame Sauce Recipe

### Ingredients:

250 g round steak  
1/2 teaspoon salt  
1/4 teaspoon bicarbonate of soda  
2 tablespoons hot water  
1 tablespoon soy sauce  
1 clove garlic, crushed  
3 tablespoons peanut oil  
1/2 cup beef stock  
3 teaspoons corn flour  
2 tablespoons cold water  
2 teaspoons sesame paste  
1-2 teaspoons Chinese chili sauce

### Method:

Shred beef into very thin strips. Mix salt, bicarbonate of soda, hot water and soy sauce together. Pour over meat, beat with chopsticks or knead with hand until liquid is absorbed, then leave for 2 hours or refrigerate overnight. (If rump or other tender steak is used, this step may be omitted). Heat peanut oil in a wok, add garlic and meat and stir fry over high heat until meat has changed color, about 2 minutes. Add stock and bring to the boil, then stir in corn flour mixed smoothly with cold water, stirring until it boils and thickens. Turn off heat, stir in sesame paste and chili sauce. Serve with white rice. If liked this can become a meat and vegetable combination dish by adding such vegetables as bamboo shoots, bean sprouts, Chinese cabbage.

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