

Chinese Beef Steak Recipe

(Chinese Recipes)

Ingredients:

700 g beef fillet steak
3 tablespoons cooking oil
1 dessertspoon cornflour, mixed with 2 tablespoons water to make thickener

Seasoning ingredients:

2 teaspoons light soy sauce
1 teaspoon bicarbonate of soda
½ teaspoon salt
1 dessertspoon ginger juice
1 tablespoon sugar
1 tablespoon cornflour
1 egg, lightly beaten

Sauce ingredients:

125 ml stock or water
2 tablespoons light soy sauce
½ tablespoon dark soy sauce
1 tablespoon oyster sauce
1 tablespoon sugar
½ teaspoon sesame oil
¼ teaspoon salt
¼ teaspoon ground white pepper

Garnishing:

1 sprig coriander (cilantro) leaves, cut into 5-cm lengths
2 stalks scallions, cut into 5-cm lengths
1 fresh red chili, seeded and cut into strips

Method:

Cut fillet steak into 0.6-cm thick slices. Then, using the back of a cleaver, lightly score meat slices to tenderize. Into a mixing bowl, put beef and seasoning ingredients, adding beaten egg last. Mix well and leave for 3 hours. Heat oil in a kualu or wok until hot. Fry beef slices until slightly brown on both sides. Remove and arrange on a dish. Pour combined sauce ingredients into the kualu. Bring to the boil, then stir in thickener. When liquid is thickened, remove from heat and pour sauce over beef. Garnish and serve hot.