

Malaysian Stir-Fried Beef Noodles Recipe

Ingredients:

375 g fresh or dried flat rice stick noodles
250 g beef tenderloin
1 teaspoon corn starch
¼ teaspoon salt
¼ teaspoon sugar
⅛ teaspoon baking soda (bicarbonate of soda)
3 tablespoons low-sodium beef broth or chicken broth
1 tablespoon each fish sauce, dark soy sauce and sweet soy sauce
1 teaspoon rice vinegar
½ teaspoon chili ketchup
3 tablespoons canola oil
2 cloves garlic, minced
1 tablespoon peeled and minced fresh ginger
1 yellow onion, thinly sliced
1 cup julienned red bell pepper (capsicum)
15 g mung bean sprouts
10 g sliced garlic chives

Method:

If using dried rice stick noodles, soak them in warm water to cover for 30 minutes and then drain. Slice the beef across the grain into strips 4 inches long by ¼ inch wide. In a bowl, combine the corn starch, salt, sugar, baking soda, 1 tablespoon water and beef strips and stir to mix. Cover and marinate in the refrigerator for 30 minutes. In another bowl, stir together the broth, fish sauce, dark soy sauce, sweet soy sauce, rice vinegar, and chili ketchup. Set aside. In a wok or large sauté pan over high heat, heat 2 tablespoons of the canola oil until very hot. Add the garlic and ginger and stir-fry until fragrant, 4-5 seconds. Add the onion and bell pepper and stir-fry until just tender, 3-4 minutes. Transfer the vegetables to a bowl. Return the pan to high heat, add the remaining 1 tablespoon oil, and heat until very hot. Remove the beef from the marinade and pat dry with paper towels. Discard the marinade. Add the beef to the pan and stir-fry until it just turns opaque, about 2 minutes. Transfer the beef to a colander and let drain. Return the pan to high heat and add the fish sauce mixture. Bring to a boil and add the fresh or reconstituted noodles and the stir-fried vegetables. Cover and simmer until most of the sauce has been absorbed by the noodles, about 2 minutes for fresh noodles and 4 minutes for dried. Uncover, return the beef to the pan, and add the bean sprouts and garlic chives. Stir-fry until the meat is heated through, about 2 minutes. Transfer to a warmed serving platter and serve at once.