

BEEF CHOW MEIN

INGREDIENTS:

4 oz	sirloin tip steak, sliced thinly
5 ml	minced ginger
2	clove garlic, minced
15 ml	soya sauce and Chinese cooking wine
25 ml	teriyaki sauce
10 ml	brown sugar
175 ml	hot water
5 ml	beef bouillon powder
15 ml	oyster sauce and soya sauce
15 ml	cornstarch
15 ml	dry sherry
1 square	Chinese style chow mein noodles
250 ml	steam fried chow mein noodles
50 ml	vegetable oil
¼	yellow onion, sliced
1	stalk of celery, diagonally cut
2	fresh mushrooms, sliced
¼	head of broccoli, broken into small florets
¼	red pepper and yellow pepper, cut into chunks
½	carrot, peeled and sliced on the diagonal

METHOD:

1. Cut meat across the grain into thin strips. In a small bowl mix together 15 ml of cooking wine, minced garlic, minced ginger, brown sugar, 15 ml soy sauce and 15 ml of teriyaki sauce. Add meat, stir to coat and let sit.
2. Dissolve the beef stock powder with the hot water in a glass liquid measure. Then add the oyster sauce and soya sauce. Mix the cornstarch together with the sherry in a small custard cup, stir and add to the beef stock mixture.
3. Fill a pot ½ full of water and bring to the boil. Cook noodles for 3-4 minutes. Drain in the metal colander and let sit.
4. Heat 15-25 ml of oil in a frypan over high heat. Add onions and carrots and stir fry for 1 minute. Add celery and broccoli, stir fry 1 min. Add red and yellow pepper, stir fry for 2 minutes. Add mushrooms, stir fry 1 min. Add a small amount of your sauce to help steam the vegs. Transfer to a plate.
5. Keep the frypan on high heat and add the beef marinating mixture. Cook 2 mins, then give the sauce mixture a quick stir, add to meat and cook till thickened. Add the vegetables back into the pan and coat with the sauce.
6. Heat 15 ml of the oil in the other frypan over high heat. Add noodles and stir fry until lightly crispy on the bottom. Divide the noodles onto 4 plates and then pour the meat and vegetable mixture over top.