

## Beef in Black Pepper Sauce Recipe

**Ingredients:** Serves 4

225g beef fillet  
1 tablespoon soy sauce  
1 tablespoon cooking wine  
1 tablespoon cornstarch  
200g green capsicum  
200g onions  
1 tablespoon garlic, minced  
1 tablespoon ginger root, minced  
¼ teaspoon salt  
½ teaspoon black pepper  
2 tablespoons Worcestershire sauce  
1 teaspoon cornstarch with 3 tablespoons water

**Method:**

Cut beef in strips and mix with soy sauce, cooking wine and the 1 tablespoon cornstarch. Just before stir-frying, stir in 1 tablespoon of oil to help separate the meat during stir-frying. Heat 1 tablespoon of oil to stir-fry the green capsicum and onions briefly. Remove. Discard remaining sauce and wipe the surface of the wok dry. Heat 2 tablespoons of oil and stir in minced garlic and ginger root until fragrant. Stir-fry beef until color changes. Add in the capsicums and onions and mixed black pepper, Worcestershire sauce and 1 teaspoon cornstarch (already mixed with the 3 tablespoons water). Mix well. Serve hot with rice.

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