

Beef with Lotus Root Recipe

(Leng Ngau Chow Ngau Yoke)

Ingredients: Serves 3-4

250 g (8 oz) fillet or rumps steak
1 tablespoon light soy sauce
Pinch of salt
½ tablespoon oyster sauce
1 clove garlic, peeled and sliced into pieces
½ teaspoon finely grated fresh ginger
¼ teaspoon five spice powder
2 tablespoons peanut oil
½ cup beef stock or water
1 tablespoon cornflour mixed with 2 tablespoons cold water
12 slices canned lotus root

Method:

Cut meat into paper-thin slices. Sprinkle meat with soy sauce, oyster sauce, salt, ginger and five spice powder, mix well by hand to season and marinade all the pieces of beef for about 15 minutes. Heat peanut oil in a wok or large frying pan. When hot, add garlic and fry until aromatic and then add the beef and toss over high heat until color changes. Add sliced lotus root and stir to mix well. Add beef stock, stir in cornflour mixture and let boil, stirring, until gravy becomes thick and clear. Serve hot with steamed white rice.

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