

Lamb with Scallions Recipe

Ingredients: Serves 4

450g boneless leg of lamb, trimmed
1 large egg
1½ tablespoons cornstarch
Vegetable oil, for passing through
¼ cup canned sliced bamboo shoots (cut into thin
1½-inch-long strips)

Sauce:

3 tablespoons rice wine or dry sherry
2 tablespoons soy sauce
2 tablespoons sugar
2 tablespoons distilled white vinegar
1 tablespoon hot bean paste
Pinch of ground white pepper
1½ teaspoons cornstarch
1 leek, white part only, trimmed and cut into thin
1½-inch-long strips, well washed
5 garlic cloves, peeled and sliced ⅛ inch thick
4 scallions, white and green parts, trimmed and sliced
diagonally into ¼-inch pieces

Method:

Cut the lamb across the grain into ¼-inch-thick slices. Cut the slices into pieces about 2 inches long and 1 inch wide. Mix the lamb with the egg, cornstarch and 1 tablespoon water in a medium bowl. Cover and refrigerate for 30 minutes. Heat a large wok over high heat. Add enough oil to come about 1 inch up the sides of the wok, and heat it to 180°C. Add the lamb carefully, so the pieces do not splash or stick to each other, and stir gently until they turn light brown, about 30 seconds. Add the bamboo shoots and stir for 20 seconds. Using a wide wire-mesh strainer, transfer the lamb and bamboo shoots to a colander to drain. Discard all but 2 tablespoons of the oil from the wok. To begin the sauce, mix the rice wine, soy sauce, sugar, vinegar, hot bean paste and white pepper in a small bowl and set it aside. Dissolve the cornstarch in 2 tablespoons cold water in another small bowl and set it aside. Return the wok with the oil to high heat. Add the leek and garlic and stir-fry until the garlic is fragrant, about 15 seconds. Return the lamb and bamboo shoots to the wok; then add the scallions and the rice wine mixture and stir-fry for 10 seconds. Add the cornstarch mixture and stir-fry until the lamb turns a dark brown and the sauce has evenly coated the meat and vegetables, about 20 seconds. Serve immediately.