

Pickled Long Beans with Ground Beef Recipe

(Taiwanese Recipe)

Ingredients:

150g ground beef
50g pickled long beans
1 teaspoon minced garlic
3 red chilies

Seasonings A:

½ tablespoon cooking wine
1 teaspoon soy sauce
1 teaspoon cornstarch water

Seasonings B:

½ tablespoon cooking wine
½ teaspoon sugar
1 teaspoon cornstarch water

Method:

Marinate ground beef with seasonings A for a short while, then stir with oil until separate. Rinse pickled long beans, then dice. Rinse red chili, remove seeds and chop finely. Heat 2 tablespoons of cooking oil to stir-fry minced garlic, pickled long bean and red chili for a minute, add ground beef along with seasonings B to taste. Sauté rapidly until evenly done and remove. Serve. If there is enough time, diced beef is better than ground beef, but the beef has to be diced very finely so that the flavor can be absorbed more easily. Pickled long beans can be purchased from tofu and salted pressed mustard greens vendors.

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