

Steamed Egg with Ground Beef Recipe (Taiwanese Recipes)

Ingredients:

4 eggs
100 g ground beef or pork
1 scallion
1 teaspoon salt
2 cups warm water

Seasoning:

1 teaspoon Chinese cooking wine
½ teaspoon minced ginger
½ teaspoon salt
½ teaspoon oyster sauce
1 teaspoon cornstarch water

Method:

Beat eggs and mix well with salt and 2 cups warm water. Pour the eggs through a sieve to get rid of any impurities, then transfer to a deep bowl. Wrap up with a saran wrap and remove the bowl to pan in a steamer and steam on low heat until mixture is half-set. Discard the saran wrap, mix ground beef or pork well with seasoning ingredients and spread evenly over the half-set eggs. Return the eggs to the steamer and steam until meat is cooked. Remove from steamer and sprinkle with minced scallions and drizzle some sesame oil on top of the cooked meat. Serve hot with steamed rice.

[asian_free_recipes_download]/[asian_free_recipes_download]