

Stir-Fried Beef with Peppers Recipe

Ingredients: Serves 4

400g round or fillet steak
1 teaspoon corn flour
2 tablespoons soy sauce
Pinch of pepper
1 onion, quartered
1 garlic clove, crushed
10 slices ginger

Sauce:

3 tablespoons soy sauce
1 tablespoon oyster sauce or black bean paste
1 tablespoon sherry
2 teaspoons sugar
1 teaspoon black pepper
1 tablespoon tomato sauce
1 teaspoon sesame oil
2 tablespoons corn flour rendered in $\frac{1}{2}$ cup cold water until smooth
 $\frac{1}{2}$ green pepper (capsicum), sliced
 $\frac{1}{2}$ red pepper (capsicum), sliced
6 tablespoons cooking oil

Method:

Cut the beef along the grain into 2-inch strips. Mix together the corn flour, soy sauce and pepper and use this to marinate the beef. Cover and refrigerate the meat for 30 minutes. Meanwhile, combine the sauce ingredients and set aside. Heat 6 tablespoons of cooking oil in a wok or a deep pan. Brown the garlic and the ginger and stir-fry the beef until just brown but not done. Remove the beef with a slotted spoon and set aside. Put in the onions and stir-fry for 3 minutes until tender. Combine the sauce mixture and peppers and cook for 1 minute, stirring constantly. Add the corn flour mixture and cook, stirring until the sauce has thickened. Finally, add the beef and stir-fry for a minute or until the meat is just done. Serve immediately.