CHINESE (CANTONESE)

Beef with Oyster Sauce

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**15 min + 30 min marinating**	**8 min**	**Stir-fry**	**Flank steak**

Ingredients

- 450 g (1 lb) flank steak
- 1 tbsp soy sauce
- 1 tbsp Shaoxing wine
- 1 tsp cornstarch
- ½ tsp baking soda
- 1 tsp sugar
- 3 tbsp vegetable oil
- 3 slices fresh ginger
- 3 cloves garlic, sliced
- 300 g (10 oz) broccoli or gai lan, cut into florets
- 3 spring onions, cut into 4 cm (1½ in) lengths

SAUCE

- 3 tbsp oyster sauce
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 120 ml (½ cup) water
- 2 tsp cornstarch
- ½ tsp sugar

Steps

1. Slice the beef against the grain into 5 mm (¼ in) slices.
2. Toss with the soy sauce, wine, cornstarch, baking soda and sugar. Add 1 tbsp of oil and mix, then leave for 30 minutes. This velveting step keeps the beef tender.
3. Stir the sauce ingredients together until smooth.
4. Blanch the broccoli in boiling water for 1½ minutes until bright green, then drain.
5. Heat a wok over high heat until smoking. Add 1 tbsp oil and half the beef in a single layer. Stir-fry for 1 minute until browned. Remove and repeat with the rest.
6. Add the last tablespoon of oil, ginger and garlic. Cook 15 seconds until fragrant.
7. Add the broccoli, spring onions and the sauce. Bring to a boil, stirring, for about 1 minute until glossy and thick.
8. Return the beef and toss for 30 seconds. Serve over steamed rice.

Notes

- **Wine:** dry sherry replaces Shaoxing.
- **Other vegetables:** snow peas, sliced mushrooms or choy sum work too.
- **Heat:** keep the wok very hot and cook in batches, or the beef will stew.
- **Shortcut:** mix the sauce earlier in the day, and freeze the flank for 30 minutes before slicing so it cuts thin and even.
- **Chef's touch:** salt the blanching water and add 1 tsp oil; the broccoli stays glossy and bright green.

- **Twist:** stir 1 tbsp chilli crisp into the sauce for a spicier, non-traditional version.