CHINESE

Shredded Beef with Peppers (Qing Jiao Niu Rou Si)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**3**	**30 min**	**10 min**	**Stir-fry**	**Inside round**

Ingredients

- 400 g (14 oz) inside round, cut into matchsticks about 5 mm (¼ in) thick
- 1 egg white
- 1 tbsp cornstarch
- 1 tbsp light soy sauce
- 1 tbsp Shaoxing wine (or dry sherry)
- 1 tsp sesame oil
- 3 tbsp neutral oil, divided
- 2 green bell peppers (or 3 long green chillies), cut into thin strips
- 1 red chilli, sliced (optional)
- 3 cloves garlic, thinly sliced
- 2 cm (¾ in) fresh ginger, cut into fine strips
- 1 tbsp oyster sauce
- 1 tsp sugar
- Pinch of salt

Steps

1. Freeze the beef for 30 minutes so it firms up, then slice into thin sheets and cut into matchsticks across the grain.
2. Mix the beef with the egg white, cornstarch, soy sauce, wine and sesame oil, then stir in 1 tbsp of the neutral oil. This quick coating is a form of velveting. Rest for 15 minutes.
3. Heat a wok or large skillet over high heat until it just smokes. Add 1½ tbsp oil, then the peppers and a pinch of salt. Stir-fry for 1½ minutes until bright and slightly blistered. Tip them out.
4. Add the remaining oil and heat again. Spread the beef in one layer and leave for 20 seconds, then stir-fry for 1 minute until no pink remains.
5. Add the garlic and ginger and toss for 15 seconds until fragrant.
6. Return the peppers and add the oyster sauce, sugar and 1 tbsp water. Toss over high heat for 30 seconds until glossy.
7. Serve at once with steamed rice.

Notes

- **Heat:** use hot green chillies for authentic fire, or sweet peppers for a milder version.
- **Slicing:** cut the beef very thin and keep the pan hot; thick strips go chewy fast.
- **Other cuts:** flank steak or sirloin work well.
- **Shortcut:** ask the butcher to slice the beef thin, or use pre-cut stir-fry strips, and keep the egg-white coating.
- **Pair with:** a smashed cucumber salad with garlic and rice vinegar.
- **Twist:** add ½ tsp crushed Sichuan peppercorns with the garlic for a numbing, Sichuan-style tingle.