CHINESE

Black Pepper Beef

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**3**	**20 min**	**10 min**	**Stir-fry**	**Strip loin**

Ingredients

- 400 g (14 oz) strip loin steak, sliced 5 mm (¼ in) thick against the grain
- 1 red or green bell pepper, cut into strips
- 1 onion, cut into wedges
- 3 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 2 tbsp neutral oil
- Steamed rice, to serve

MARINADE

- 1 tbsp soy sauce

MARINADE (CONT.)

- 1 tbsp Shaoxing wine (or dry sherry)
- 1 tsp cornstarch
- 1 tsp oil

SAUCE

- 2 tbsp oyster sauce
- 1 tbsp soy sauce
- 1 tsp sugar
- 1½ tsp coarsely cracked black pepper
- 2 tbsp water

Steps

1. Toss the beef with the marinade ingredients and leave for 15 minutes. This light coating is a quick form of velveting and keeps the slices tender.
2. Stir the sauce ingredients together in a small bowl.
3. Heat a wok or large skillet over high heat until it just begins to smoke. Add 1 tbsp oil, then half the beef in a single layer. Leave it for 30 seconds, then stir-fry for 1 minute until browned but still pink inside. Move to a plate and repeat with the rest.
4. Add the remaining oil and cook the onion and pepper over high heat for 2 minutes, until the edges blister but they remain crisp.
5. Add the garlic and ginger and stir for 15 seconds, until fragrant.
6. Return the beef, pour in the sauce, and toss for 1 minute until everything is glossy and the beef is just cooked through.
7. Serve straight away over rice.

Notes

- **Pepper:** crack whole peppercorns with the flat of a knife or in a mortar; pre-ground pepper is flatter and less lively.
- **Slicing tip:** freeze the steak for 20 minutes first and the slices come out thin and even.
- **Other cuts:** flank, sirloin or flat iron work equally well.
- **Shortcut:** use pre-sliced stir-fry beef and jarred minced garlic and ginger.
- **Pair with:** garlicky stir-fried bok choy or gai lan.