

<https://youtu.be/VqDSb6ja428>

[00:00,0]

hā lou dài jiā hǎo wǒ shì wáng gāng

Hello everyone, I am Wang Gang

běnnqī shìpín gēn dài jiā fēnxiǎng yīdào jiācháng cài

In this video, I will share a home-style dish with you

chuántǒng bǎn shuǐ zhǔ níuròu

Traditional Sichuan Spicy Boiled Beef

shǒuxiān wǒmen zhǔnbèi xīnxiān de níu lǐ jí 1 kuài (yuē 450 kè)

First, we prepare a piece of fresh beef loin (about 450 grams)

fàng rù pén zhōngyòng qīngshuǐ qīngxǐ gānjìng

Put it in a bowl and clean it with water

xià yī bù kāishǐ gǎi dāo

Next, we start slicing the meat

[00:12,9]

shǒuxiān wǒmen bǎ níuròu qiē chéng xiǎo kuài bìng zhǎodào wénlǐ

First, cut the beef into big pieces and find the muscle grain

zài qízhōng yīmian kěyǐ míngxiǎn de kàndào xiàntiáo zhuàng

You can clearly see the muscle fibre lines on the cutting side

duì zháo xiàntiáo de zòngxiàng jiù nénggòu qiē chū nì wénlǐ

Cut against the fibre to get cross-grain slices

suǒwèi de héng jīn jiùshì níuròu xiānwéi de héng jié miàn

Cross-grain refers to the cross-section of beef muscle fibers

zhèyàng chùlǐ de níuròu jīngguò pēngrèn zhīhòu cái bù huì yǎo bù dòng

This way, after cooking, the beef will be very tender and easy to chew

ránhòu bǎ níuròu qiē chéng hòu bó jūn yún de bó piàn bèiyòng

Then cut the beef into evenly thin slices for later use

[00:32,0]

níuròu qiē hǎo zhīhòu xià yī bù kāishǐ yān zhì

After cutting the beef, the next step is marination

pén zhōng jiārù shíyòng yán5 kè

Add 5 grams of table salt to the bowl

jiārù shìliàng de shēng chōu jiàngyóu (yuē 5 kè)

Add some light soy sauce (about 5 grams)

jiārù dàbàn gè jīdàn qīng

Add half an egg white

jiārù shìliàng de lǎo chōudiào sè

Add some dark soy sauce for coloring

ránhòu bǎ níuròu zhuā bàn jūn yún

Then mix the beef well

[00:47,6]

zhōngtú shǎoliàng duōcì de jiārù qīngshuǐ jiǎobàn jìngù

Gradually add small amounts of water while stirring

zhè yī bù de mùde shì ràng níuròu xī shuǐ péngzhàng gèng nèn

The purpose of this step is to let the beef absorb water and become more tender

tóngxué men qiējì

Pay attention in this step

měicì jiā shuǐ dū bù néng jiā tài duō

Don't add too much water at once

zhǐnéng zài jiǎobàn de shíhòu xīshōu yīdiǎn

Only add little by little while stirring to let it absorb

zài jiārù yīdiǎn

Then add a bit more

[01:00,2]

zhídào níuròu wúfǎ jìxù xīshōu shuǐfēn jíě

Until the beef can't absorb any more water

xī shuǐ de níuròu kàn qīlái jīngyíng bǎomǎn

The hydrated beef looks more shiny and plump

ránhòu jiārù shìliàng de hóngshǔ diànfěn bàn yún

Then add some sweet potato starch and mix well

zùihòu jiārù shìliàng de zhíwùyóu fēng zhù níuròu

Finally, add some vegetable oil to seal in the beef

zhè yī bù de mùde shì ràng níuròu bǎo shǔi

The purpose of this step is to retain moisture

fángzhǐ shuǐfēn zhēng fā

To prevent water from evaporating

[01:17,2]

xià yī bù kāishǐ zhǔnbèi fǔliào

Next, we prepare the other ingredients

zhǔnbèi " fèngwěi " 1 gēn qǔ xià yèzǐ

Prepare one phoenix tail (Chinese stem lettuce), remove the leaves

qùchú gēn jīng de lǎo pí zhīhòu qiē chéng bó piàn bèiyòng

Peel off the skin of the stem and slice thinly for later use

méiyǒu fèngwěi de tóngxué yě kěyǐ yòng yóu mài cài dài

If you don't have phoenix tail, you can substitute it with other lettuce

zhǔnbèi qíncài 1 xiǎo bǎ qiē chéng 10 límǐ zuǒyòu de duàn bèiyòng

Prepare a small bunch of water celery and cut into 10 cm sections

zhǔnbèi jī gēn suàn miáo pāi sàn zhīhòu qiē chéng xiǎo duàn bèiyòng

Prepare a few green garlic leaves, crush them and cut into small sections

[01:35,3]

zhǔnbèi shìliàng de dàsuàn hé shēngjiāng qiē chéngpiàn zhīhòu fàng rù wǎn zhōng bèiyòng

Prepare some garlic and ginger, slice them and put them in a bowl for later use

zài jiārù shìliàng de dòu bàn jiàng (yuē 20 kè)

Then add some Doubanjiang (about 20 grams)

xià yī bù kāishǐ zhǔnbèi dāo kǒu làjiāo

Next, prepare the "knife-cut roasted chili"

wǎn zhōng jiārù shìliàng de hàn yuán hóng huājiāo (yuē 3 kè)

Add some Hanyuan red Sichuan peppercorns (about 3 grams)

jiārù jī kē qī xīng jiāo (tè là xíng)

Add a few Qixing dry chili peppers (extra spicy)

jiārù shìliàng de xīn yīdài (yuē 40 kè)

Add some "New Generation" dry chili (about 40 grams)

[01:48,7]

xià yī bù kāishǐ zhìzuò dāo kǒu làjiāo

Next, roast the knife-cut chili

guō zhōng jiārù shǎo xǔ de cài zǐ yóu

Add a little rapeseed oil to the wok

ránhòu zhíjiē zài lěng yóu de shíhòu bǎ làjiāo huājiāo xià guō

Then add in the chili and peppercorns while the oil is not hot yet

kāi wēixiǎo huǒ chǎo 10 fēnzhōng

Fry on very low heat for 10 minutes

zhèyáng de mùde shì bǎ làjiāo huājiāo chǎo xiāng

The purpose is to bring out the aroma of the chili and peppercorns

xiǎo huǒ fān chǎo de mùde shì fángzhǐ làjiāo fā kǔ

Stir-frying and roast on low heat prevents the chili from turning bitter

[02:03,5]

làjiāo huājiāo chǎo zhì 10 fēnzhōng zhīhòu

After 10 minutes, when the chili becomes super crispy, it's ready

míngxiǎn qīngcuì de shíhòu jí kě chū guō

Remove from the wok

ránhòu yòng cǎidāo bǎ làjiāo duò suì bèiyòng

Then chop the chili with a knife for later use

gān làjiāo zhíjiē duò huì dàn qǐlái

Dry chili will bounce when chopped directly

kěyǐ xiān yòng dāo yā suì zài duò

You can first crush them before chopping

zhèyáng gèngjiā de fāngbiàn

This makes it easier

[02:18,9]

xián máfán de tóngxué kěyǐ zhí jiēyòng pò bì jī jiǎo suì

For those who find this troublesome, you can use a blender to grind it

làjiāo duò hǎo zhīhòu fàng rù wǎn zhōng bèiyòng

After chopping the chili, place it in a bowl for later use

xià yī bù kāishǐ zhǔnbèi zhǔ níuròu

Next, we start cooking the beef

shǒuxiān wǒmen bǎ guō shāo rè

First, heat up the wok

guō shāo rè zhīhòu jiārù cài zǐ yóu 50 kè

Once the wok is hot, add 50 grams of rapeseed oil

ránhòu xià rù jiāng suàn piàn hé dòu bàn jiàng chǎo xiāng chǎo chū hóng yóu

Then add the ginger, garlic slices, and Doubanjiang, stir-frying to release the red oil

[02:37,5]

dòu bàn jiàng chǎo xiāng zhīhòu xià rù yībàn de dāo kǒu làjiāo

After the Doubanjiang is fragrant, add half of the knife-cut chili

dāo kǒu làjiāo chǎo xiāng zhīhòu jiārù shùliàng de qīngshuǐ shāo kāi

Once the chili is fragrant, add some water and bring it to a boil

xià yī bù kāishǐ zhíjiē diào wèi

Next, we start seasoning

guō zhōng jiārù shíyòng yán8 kè

Add 8 grams of salt to the wok

jiārù jī jīng2 kè

Add 2 grams of chicken essence

jiārù shǎo xǔ hú jiāo fěn

Add a little white peppercorn powder

[02:55,0]

diào hǎo wèi zhīhòu jiārù zhǔnbèi hǎode fǔliào

After seasoning, add the prepared other ingredients (the vegetables)

fǔliào xià guō zhīhòu kāi dàhuǒ zhǔ duàn shēng

After adding the vegetables, cook on high heat until they just half-cooked

duàn shēng zhīhòu lāo chū diàndǐ bèiyòng

Once they are ready, remove them and set aside at the bottom of a deep plate

ránhòu bǎ guō lí huǒ

Then remove the wok from the heat

xià rù yān zhì hǎode níuròu

Add the marinated beef

jiāting xiǎo zào wúxū guō lí huǒ

For home cooking, you don't need to remove the wok from the heat

[03:10,7]

zhuǎn xiǎo huǒ jíě

Just turn the heat to low

níuròu xià guō zhīhòu zài jiārù 1 sháo jī jīng

After adding the beef, add 1 more spoonful of chicken essence

hé 2 sháo wèi jīng diào wèi

And 2 spoonfuls of MSG for flavor

bù xǐhuān de tóngxué kěyǐ bù jiā

You can skip it if you don't like it

huòzhě yòng jiàngyóu dài

Or replace it with light soy sauce

ránhòu kāi xiǎo huǒbǎ níuròu zhǔ 1 fēnzhōng

Then cook the beef on low heat for 1 minute

[03:22,1]

zhǔ shùtòu jíě

Until the beef is cooked

níuròu zhǔ shù zhīhòu hé tāng zhī yīqǐ bǎi pán

Once the beef is cooked, serve it with the broth

xià yī bù kāishǐ zhǔnbèi pō yóu

Next, we prepare to pour the hot oil

pén zhōng jiārù shìliàng de cài zǐ yóu

Add some rapeseed oil to a bowl

ránhòu bǎ yóu wēn shāo zhì 7 chéng rè

Then heat the oil to 70% hot (210 °C)

cài zǐ yóu shāo rè zhīhòu zài pén zhōng sā shàng chùlǐ hǎode dāo kǒu làjiāo miàn

Once the rapeseed oil is hot, sprinkle the prepared knife-cut chili powder on the beef

[03:42,1]

ránhòu bǎ cài zǐ yóu pō zài níuròu shàngmiàn jíě

Then pour the hot rapeseed oil over the beef

zùihòu sā shàng shìliàng de cōng huā huòzhě xiāng cài jíkě shàng cài

Finally, sprinkle some chopped scallions or coriander, and the dish is ready to serve

yīdào má làwèi hòu de shuǐ zhǔ níuròu jiù zhìzuò wánchéng

A rich and spicy Sichuan Spicy Boiled Beef is complete

xiàmiàn kāishǐ jìzhú zǒngjié

Next, let's summarize the techniques

dìyī , cáiliào xuǎnzé níu de lǐ jí ròu , qiē de shíhòu xūyào qūfēn héng shùn jīngluò .

First, use lean beef loin, and when cutting, differentiate between the grain and the cross-grain.

dìèr , chǎo dāo kǒu làjiāo de yóu bù néng tài duō , kāi xiǎo huǒ chǎo10 fēnzhōng zuǒyòu , chǎo hǎode làjiāo bù biàn sè cái bù huì fā kǔ .

Second, don't use too much oil when frying the knife-cut chili, slow roast on low heat for about 10 minutes. The chili should not change too much color, otherwise it will turn bitter.

[04:14,5]

dìsān , zùihòu pō yóu de wēndù bù néng tài gāo , zhǐ xūyào190 zhì 210 dù jíkě , yóu wēn tài gāo róngyì bǎ dāo kǒu làjiāo miàn zhà hú fā kǔ .

Third, the temperature of the oil for pouring should not be too high, just between 190 to 210 degrees Celsius. If the oil is too hot, it will burn the knife-cut chili and make it bitter.

shuǐ zhǔ níuròu de jìzhú zǒngjié wánbì

That concludes the technical summary for Sichuan Spicy Boiled Beef

guānzhù měishí zuòjiā wáng gāng

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zhèlǐ zǒng yǒu yī kuǎn shǔyú nǐ de cài

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