

BEEF IN CLAY POT

(Ngow Yuk Bow)

1 lb. flank steak
1/2 can (15 oz.) whole winter bamboo shoots
3 pieces dried black fungus
2 tbsp. oil
2 green onions, slivered

Marinade:

1/2 tsp. baking soda
1 tsp. warm water
1/2 tsp. salt
1/2 tsp. sugar
1 tsp. thin soy sauce
1 tbsp. white wine
1 tbsp. oyster sauce
dash of pepper

Sauce:

1 tbsp. bean sauce
1 tbsp. hoisin sauce
1/2 c. chicken stock

Thickener:

1 tbsp. cornstarch, mixed well with 2
tbsp. cold water
1 tbsp. sesame oil
1 tbsp. oyster sauce

Serves 4

1. Cut flank steak lengthwise (with grain of meat) into 3 equal strips each about 1 1/2" wide. Cut each strip across the grain into thin slices. Place in a bowl.
2. To make the marinade, dissolve baking soda in warm water. Add to beef. Sprinkle remaining marinade ingredients on beef. Mix well. Marinate for at least 4 hours or overnight in the refrigerator.
3. Cut bamboo shoots into thin strips, julienne style. You should have about 1 c.
4. Soak fungus in warm water to cover for 15 minutes. Drain, rinse thoroughly, and drain again. Remove and discard stems. Cut into slivers 1" long; you should have about 1/2 c.
5. To make the sauce mixture, mash bean sauce to a paste. Add hoisin sauce and chicken stock and mix well.
6. Heat wok and add oil. Add flank steak, bamboo shoots, and fungus and stir-fry for 2 minutes over high heat. Remove to a 9" clay pot or flameproof glass saucepan.
7. Add sauce mixture and green onion. Cover and cook for 10 minutes over high heat. Stir occasionally to prevent burning.
8. Combine thickener ingredients. Add to pot and cook for 30 seconds. Serve.

Advance preparation: The entire recipe may be prepared in advance and reheated on the stove or in a microwave oven. It will also stay hot in a warm oven for up to 1 hour. The clay pot retains heat very efficiently.

Jennie Low,
Chopsticks, Cleaver,
and Wok,
Chronicle Books,
San Francisco,
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