



雪豆牛肉

Sliced Beef with Snow Peas

6 人份
SERVES 6

時

- 牛肉..... 6 兩
- ① { 料酒、水..... 各 ½ 大匙
醬油、太白粉..... 各 ¼ 大匙
『炸油』..... ½ 杯
葱..... 6 小段、薑..... 6 片
- ② { 豌豆夾..... 1 杯
毛菇..... ½ 杯、筍..... 12 片
蠔油..... 1 ½ 大匙、醬油..... 1 大匙
- ③ { 料酒..... ½ 大匙、水..... 2 大匙
味精、胡椒、麻油..... 各少許
糖、太白粉..... 各 1 小匙

- ① { 1/2 lb. beef tenderloin or flank steak
1/2 T. each: cooking wine or sherry, water
3/4 T. each: soy sauce, cornstarch
1/2 c. oil for frying
1 green onion, cut into 6 pieces
6 slices of ginger root
- ② { 1 c. Chinese pea pods
1/3 c. button mushroom
12 slices bamboo shoot
1 1/2 T. oyster sauce, 1 T. soy sauce
1/2 T. cooking wine or sherry
- ③ { 2 T. water
dash of sesame oil, black pepper
1 t. each: sugar, cornstarch

① 牛肉切片，加①料調勻備用。炒前再拌入 1 大匙油則炒時肉片較易散開。

② 『炸油』燒熱，放入牛肉片炒至九分熟撈出(即泡熟)。留油 2 大匙，炒香蔥薑，加入②料略炒，再入牛肉及③料大火迅速炒拌均勻即成。

■ 如無蠔油可用醬油代替。

① Slice the beef; mix with ①; add 1 T. oil and mix. The meat will separate easily during frying.

② Heat the wok then add oil. Stir-fry the meat until it is almost cooked (precooked) remove. Remove the oil from the wok. Reheat the wok then add 2 T. oil. Stir-fry the green onion and ginger root until fragrant. Add 2 and stir; add beef and ③. Turn heat to high and stir-fry quickly to mix. Remove to a serving plate and serve.

■ If oyster sauce is unavailable, increase the soy sauce to 2 1/2 T.

Chinese Cuisine, Huang Su-Hwei, ②
Wei-Chuan's Cookbook, 1996