

BRAISED BEEF BALLS

4 servings

1 pound beef	1 teaspoon sherry
1 egg	2 tablespoons oil
¼ cup dry bread crumbs	½ cup water
¼ cup water	2 tablespoons soy sauce
1 tablespoon cornstarch	1 pound spinach
½ teaspoon salt	½ teaspoon salt

1. Remove fat and tendons from beef; then mince or grind.
2. Beat egg lightly and add to beef, along with dry bread crumbs, cold water, cornstarch, salt and sherry. Blend well, but do not overhandle meat. Form into walnut-size balls.
3. Heat oil to smoking in a heavy pan. Brown beef balls quickly but lightly and remove. Drain fat into another pan.
4. Heat remaining water in original pan and stir in soy sauce. Return beef balls. Bring quickly to a boil; then simmer, covered, 30 minutes, turning several times.
5. Wash spinach and remove tough stems. Reheat beef fat in second pan. (If it's less than 2 tablespoons, add peanut oil to make up difference.)
6. Add remaining salt, then spinach. Stir-fry spinach until slightly softened (about 1 to 2 minutes). Top with beef balls and cook, covered, 2 minutes more over low heat. Serve hot.

VARIATION: For the spinach, substitute Chinese lettuce, cut in 2-inch sections; stir-fry until tender.

The Thousand Recipe
Chinese Cookbook,
 by Gloria Bley Miller,
 A Fireside Book,
 Simon & Schuster,
 New York, 1984