

(Ngow Yuk Lee Sum)

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1½ lb. asparagus

~~2 1/4~~ ²/₁₄ tbsp. salted black beans

1 tbsp. finely chopped garlic

1 tsp. crushed dried red chili pepper
(optional)

3½ tbsp. oil

~~1/2~~ tsp. salt

1/2 tsp. sugar

3/4 c. chicken stock

1 tsp. salt

1 tsp. sugar

1 tbsp. white

1 tsp. thin soy sauce

~~4/10~~ 4/10 oyster sauce

1 tbsp. cornstarch

1½ tbsp. cornstarch, mixed well with 3

tbsp. cold water

1 tbsp. sesame oil

Serves 6

1. Cut flank steak lengthwise (with grain of meat) into 3 equal strips each approximately 1½" wide. Cut each strip across the grain into thin slices. Place in a bowl.
2. Add seasoning ingredients to beef and mix well.
3. Break off and discard tough base end of asparagus. Cut each spear into ½" slices on the diagonal.
4. Rinse and drain black beans twice. Mash to a paste with the butt end of a cleaver. Add garlic and chili pepper.
5. Heat wok and add 2 tbsp. oil. Add beef and stir-fry for 2^{to 3} minutes over high heat. Remove from wok and set aside.
6. Heat wok and add 1½ tbsp. oil. Add black-bean mixture and stir-fry for 30 seconds over high heat.
7. Add asparagus and stir-fry for 3 minutes over high heat. Add salt, sugar, and chicken stock. Bring quickly to a boil and cook, uncovered, for 2 minutes.
8. Add cooked beef and mix well.
9. Stir in thickener ingredients. Cook for 30 seconds. Serve.

Advance preparation: Steps 1–5 may be done a few hours in advance and kept at room temperature.

Variations: Substitute 1 lb. broccoli or 1 lb. bok choy for the asparagus. Cut according to directions in Cutting Techniques section. Cook in the same manner as asparagus.

Chopsticks, Cleaver, and Wok:
Homestyle Chinese Cooking
by Jennie Lou
Chronicle Books,
San Francisco, (1987).

90 CHOPSTICKS, CLEAVER AND WOK