

TOMATO BEEF

(Fon Kehr Ngow Yuk)

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. Mix well.
3. Peel celery. Cut into 1½"-long pieces. Cut each piece lengthwise into strips, julienne style.
4. Cut bell peppers in half. Remove and discard seeds. Cut into pieces 1" by ½".
5. Cut tomatoes in half. Cut each half into 5 equal wedges.
6. Heat wok and add 1 tbsp. oil. Add celery and bell pepper and stir-fry for 2 minutes over high heat. Remove from wok and set aside.
7. Heat wok and add 2 tbsp. oil. Add beef and stir-fry for 3 minutes. Remove from wok and set aside with vegetables.
8. Put tomatoes in wok. Combine vinegar, sugar, salt, and catsup, and add to pan. Bring quickly to a boil.
9. Add vegetables and beef. Return to a boil.
10. Stir in thickener ingredients. Cook for 1 minute. Serve.

Advance preparation: Steps 1–8 may be done a few hours in advance and kept at room temperature.

1 lb. flank steak
3 stalks celery
2 bell peppers
4 tomatoes
3 tbsp. oil
2 tsp. cider vinegar
2 tbsp. sugar
½ tsp. salt
2 tbsp. catsup

Seasoning:

1 tsp. salt
½ tsp. sugar
1 tsp. thin soy sauce
1 tsp. oyster sauce
dash of pepper
1 tbsp. cornstarch
1 green onion, slivered

Thickener:

1 tbsp. cornstarch, mixed well with 2
tbsp. cold water
2 tsp. dark soy sauce

Serves 6

*Chopsticks, Cleaver,
and Wok: Homestyle
Chinese Cooking by
Jennie Hou
(Chronicle Books,
San Francisco,
©1987)*

Note: This dish is a little sweet, especially if the tomatoes are sweeter. Use less sugar.