

HUNAN BEEF

(Man Ngow Yuk)

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.

To make the marinade, mix baking soda with warm water and add to the meat. (The baking soda helps to tenderize the meat.) Add the remaining marinade ingredients and mix well. Marinate for at least 5 hours, or as long as overnight in the refrigerator.

Heat wok and add oil. Add garlic and ginger and stir-fry for 30 seconds over high heat.

Add beef and stir-fry for 3 minutes over high heat.

Add green onions, hoisin sauce, and chili paste. Stir well and serve.

Advance preparation: Steps 1 and 2 may be completed a day in advance and refrigerated.

1 lb. flank steak
2½ tbsp. oil
1 tbsp. finely chopped garlic
1 tbsp. finely chopped ginger root
2 green onions, slivered
1 tbsp. hoisin sauce
½ tsp. chili paste with garlic

Marinade:

½ tsp. baking soda
1 tsp. warm water
½ tsp. salt
½ tsp. sugar
2 tsp. dark soy sauce
1 tsp. thin soy sauce
1 tbsp. oyster sauce
1½ tbsp. cornstarch
1 tbsp. sesame oil
1½ tbsp. white wine
egg white from 1 large egg

Serves 6

Can replace with one teaspoon powdered ginger.

Chopsticks, Cleaver, and Wok by
Jennie Low,
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