

November 26, 1995

Beef with Black Bean Sauce

1 1/2 pounds beef flank steak
2 1/2 tablespoons soy sauce
3 teaspoons cornstarch
1 egg white
2/3 cup water
1 1/2 tablespoons fermented, salted black beans
1/4 teaspoon sugar
4 tablespoons vegetable oil
4 green onions, cut into 1-inch pieces
1 red pepper, seeded and cut into thin slices
1/2 cup drained, sliced bamboo shoots (1/2 of 8 ounce can)
1 teaspoon curry powder

1. Cut meat across the grain into thin slices 2-inches long. Combine soy sauce, 1 teaspoon of the cornstarch, and the egg white in medium bowl; beat lightly with fork. Mix in meat. Let stand 30 minutes, stirring occasionally.

2. Combine 1/3 cup of the water and the beans in small bowl. Let stand 15 minutes. Drain beans, reserving 1 teaspoon of the water. Combine beans, the reserved water, and the sugar. Mash well with fork.

3. Heat 2 tablespoons of the oil in wok over high heat. Add onions, pepper, bamboo shoots, and curry powder. Stir-fry for about 2 minutes. Remove mixture from wok.

4. Add remaining 2 tablespoons oil to wok. Add meat and marinade. Stir-fry until meat is brown, about 5 minutes. Add vegetables and bean mixture to meat; mix well. Combine remaining 1/3 cup water and 2 teaspoons cornstarch. Pour over meat-vegetable mixture. Cook and stir until liquid boils and thickens.

Makes 4 servings.