

# Pei Mei's Chinese Cook Book, Volume II

## Sliced Beef with Scrambled Eggs

### Ingredients:

1/3 lb. Beef tenderloin (or flank steak)	5	Eggs
1/4 t. Ginger juice or ginger powder	1/2 t.	Salt
1/2 t. Sugar (to marinate beef)	1-1/2 C.	Oil ← can use 2 Tbl. oil.
1/2 T. Chinese wine "	2 T.	Chopped scallion
1/2 t. Meat tenderizer ← or 1/4 tsp. salt	5 T.	Oil ← can use 2 Tbl. oil.
1 T. Cornstarch "		
1 T. Soysauce (light) "		
2 T. Cold water "		
1 T. Oil "		

### Procedure:

1. Cut the beef into 1/8" x 1" square slices (against the grain). Place the beef in the marinating sauce (combine the ginger powder, salt, sugar, wine, cornstarch, soysauce, cold water and oil). Turn occasionally and marinate for at least 30 minutes.
2. Beat the eggs. Add 1/2 t. of salt and mix again.
3. Set a Chinese wok or frying pan over high heat about 20 seconds. Pour in 1-1/2 C. of oil and heat for another 30 seconds. Add the beef and stir fry until the color turns light (about 10 seconds). Remove beef and drain off the oil from the pan. Mix beef with beaten eggs.
4. Heat another 5 T. of oil to stir fry the chopped scallion. Then pour all of the egg mixture in to the pan. Stir for a few seconds until the eggs are cooked.
5. Splash in 1 T. of oil around the edges of the pan. Serve hot.

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