



bit spicy

Beef with Black Bean Sauce

Beef in black bean sauce is a Chinese-inspired dish with carrot and snake beans (not easy to come by and are tougher and have less flavour than normal green beans, so don't worry about unnecessary authenticity!). Black bean paste can easily be obtained over the internet or in Asian shops if not in your local supermarket. It lasts for ages in the fridge! We have also used leftover very rare roast beef for this recipe - just slice thinly and cut into strips about 3cm wide. A trick to get really fine slices is to put the meat in the freezer for an hour first so it is firmer. **serves 4**

Ingredients:

- 1 heaped tbsp black bean paste
- 1 tbsp of each of fish sauce, oyster sauce, soy sauce & sesame oil
- 2 tbsp rice wine or dry sherry
- 1 tsp brown sugar
- 3 tbsp water
- 2 tbsp vegetable oil
- 3-4 cloves garlic, crushed
- thumb-sized piece of ginger, grated (no need to peel)
- 400-500g rump steak, very finely sliced (needs only flash-frying)
- 1 carrot, cut into large matchsticks
- 250g green beans, topped & tailed and cut in half, or a head of broccoli cut into small florets
- 1 green pepper, thinly sliced
- 2-3 spring onions, including green ends, cut into several pieces on the diagonal
- chopped coriander to garnish
- a few birds eye chillies (or any hot variety), finely chopped (optional)

Recipe:

1. Mix together the paste, ginger, sauces, sesame oil, sugar and water to create a thick but runny sauce.
2. In a wok heat the oil, and when hot add the garlic, onions and other vegetables and stir fry until tender.
3. Add the beef and cook for a couple of minutes, then pour on the sauce and heat through.
4. Serve with rice or noodles, scattered with the coriander, and maybe a splash of soy sauce.