

Sliced Beef with Sambal Chilli 三崙牛肉片

Recipe by Chef Pung Lu Tin 冯洱迅

Ingredients:

Beef Sirloin	1.5kg
Basil Leaf	20gm
Spring onion (cut lengthwise)	3 stalks
Onion (cut into cubes)	50gm
Red Chilli (cut)	10gm
Ginger Slices	20pcs
Garlic Chopped	1tbsp

Marinade:

Egg	Two
Salt	1 tsp
Sugar	1 tsp
Sesame oil	1 tsp
Pepper powder	A dash
Water	5 tbsp
Corn flour	2 tbsp

Seasoning:

Sambal Chilli (readymade)	5 tbsp
Soy Sauce	1 tbsp
Dark Sauce	½ tsp
Sugar	½ tbsp
Sesame oil	1 tbsp
Water	2 tbsp
Corn flour (mix well)	1 tbsp

Method:

1. Cut the sirloin into slices and marinate them with marinade for 30 minutes.
2. Scald the beef slices in oil at medium heat. Take them out and drain the oil away.
3. Heat up a little oil and fry the onion cubes, ginger, garlic and sambal chilli until fragrant. Then add in the beef slices and chilli. Stir well and pour in soya sauce, dark sauce, sugar, sesame oil and water. Cook until boiling and then add cornstarch to thicken.
4. Add in basil leaves and spring onions and stir fry well.

材料:

牛柳肉	1.5 公斤
九层塔	20 克
生葱	3 条 (切段)
洋葱	50 克 (切角)
辣椒	10 克 (切片)
姜片	20 片
蒜茸	1 汤匙



腌料：

蛋	2 粒
盐	1 茶匙
糖	1 茶匙
麻油	1 茶匙
胡椒粉	少许
水	5 汤匙
粟粉	2 汤匙

调味料：

三邑辣椒酱	5 汤匙
生抽	1 汤匙
老抽	½ 汤匙
糖	½ 汤匙
麻油	1 汤匙
水	2 汤匙
粟粉	2 汤匙（水拌匀）

做法：

1. 牛柳肉洗净切成片，放入腌料腌 30 分钟。
2. 烧油慢火将牛肉片炸至 7 分熟，捞起沥干。
3. 热锅下少油，放洋葱，姜，蒜及三邑酱炒至芳香，加入牛肉片及辣椒略炒，放入生抽，老抽，糖，麻油及水。炒至滚，加入粟粉勾芡翻炒均匀。
4. 加入九层塔及葱段炒拌均匀即可。