

GF Friendly

Beef in Black Bean Stir-fry

A rich beef and vegetable Asian-style stir-fry

This recipe is similar to Teriyaki, but it is richer in flavour and a little salty; so resist the urge to add extra salt. The vegetables are a matter of choice and the ones I used were already to hand. Just bear in mind that some will soften quicker than others; so leave those out of the wok until the rest have been stir-fried sufficiently first.

- 200g beef
- ½ cup sliced celery
- 1 thinly-sliced carrot
- 1-2 cup mushrooms, peeled and sliced
- 1 cup cabbage cut in 2.5cm squares
- ½ cup sliced parsnip
- 1 small onion, sliced
- ¼ capsicum, thinly sliced
- 1 tsp minced garlic (or finely chopped clove)
- 1 Tbsp dry sherry
- 3 Tbsps Black Bean sauce
- 1 Tbsp olive oil
- ½ tsp sesame oil



Thinly slice the beef, and marinate in a mixture of the sherry and Black Bean sauce. Do this in a container with a lid and rest in the fridge for an hour. The vegetables can be prepared beforehand, provided they are kept in bowls (to separate those that need less cooking time); and both covered with water to prevent browning.

Heat the olive oil in a wok or deep frypan, then stir-fry the beef for 10-15 minutes to cook thoroughly, turning frequently. Remove the beef back into the marinade container while cooking the vegetables. Do this in the same pan, put in the sesame oil; then stir-fry the vegetables for as long as necessary to a stage when they are soft enough for your liking. Now add the beef and marinade, and toss well while stir-frying to re-heat the meat.

Can be served immediately; or covered and re-heated when required.

Serves 2, or more with white rice or noodles

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