

GF Friendly

Hoi-Soy Beef

thinly-sliced beef in a rich hoisin sauce

Lean meat, especially steak, can be expensive; and no matter what it costs and how much care is taken with the cooking, it can still end up as tough as old boots. That's why I like this recipe. A small amount of thinly-sliced meat seems to go a long way; and stir-fried for just a couple of minutes, then finished off in the sauce produces tender, tasty beef every time. This is Chinese-style made easy; and because it freezes well, hoi-soy beef can be prepared in advance for your up-coming Oriental dinner party.

- 350g lean beef steak
- 1 medium onion
- 1 tsp minced garlic
- 1 Tbsp hoisin sauce
- 1 Tbsp red wine
- 2 Tbsps light-tasting olive oil
- 1 level Tbsp cornflour (corn starch)
- 1 beef stock cube (or 1 rounded tsp stock powder)
- ½ tsp sesame oil
- ½ green capsicum
- ½ tsp minced ginger
- 1 Tbsp soy sauce
- ½ cup warm water
- ¼ cup cold water
- ¼ cup Chinese five spices



Thinly slice the steaks. This will be easier if they are partially frozen. In a suitable dish, mix together the wine, hoisin and soy sauces, turn in the beef slices to coat, then leave to marinate for 15 minutes. In the meantime, cut the onion lengthways through the core into eighths. Remove pith and seeds from the capsicum and cut into 1cm wide strips. Make up the stock with the cube or powder in warm water. Mix the cornflour in a separate dish with cold water, then stir into the stock.

Heat 1 tablespoon of olive oil in a wok or frypan, then stir-fry the onion and capsicum for 2 minutes. Remove with a slotted spoon and set aside. Put in the second tablespoon of olive oil to warm, then add the five spices, garlic and ginger to heat for a few seconds. Now fry the beef for about 2 minutes, turning occasionally to sear and lose the red colour, but avoid over-cooking to keep it tender. Return the onion and capsicum to the pan and toss with the beef.

Give the stock a stir before adding it to any left-over marinade, then pour into the pan while stirring. Continue to stir until the sauce thickens. Before serving, add the sesame oil and toss to combine.

Serves 4 with rice and vegetables

Freezes well

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