

Chinese Cuisine

The most appealing of Chinese cuisine, also referred to as the art of flame and fire is the stir fry. The full-bodied flavor of Wagyu after it is cooked is exquisite. The rump used in the following recipes was whole cuts and is a very easy-to-use cut of beef.

■ Measurement conversions 1cm = 0.39inch / 100g = 3.5oz / 1kg = 35oz / 1tsp = 0.1pt / 1tbs = 0.3pt / 100°C = 212F

★ = Specially recommended cuts

Spicy Beef and Tomato Stir Fry



Recommended cuts



12 Gooseneck round★ 13 Top-round

Ingredients

200g Stir fry beef	2tsp corn starch
2 tomatoes	1tsp oil
1/2 lettuce	Sauce:
Ginger	2tbs tomato ketchup, cooking sake
1 clove garlic	1tsp soy sauce
Beef Seasoning:	1tbs chili bean paste
Salt & pepper to taste	2tsp corn starch Oil
2tbs cooking sake	

Method

- Place tomatoes in boiling water to remove skin and cut into quarters. Wash lettuce, drain excess water and tear using hands into bite-size pieces. Finely chop ginger.
- Cut thinly sliced beef into easy-to-eat pieces and season lightly with salt and pepper.
- Rub ingredients from step 1 in the beef seasoning in the order of salt, pepper, cooking sake and oil. Quickly sauté lettuce, remove from pan and drizzle with hot water to remove excess oil.
- Quickly sauté beef (removed from pan when beef begins to change color).
- Heat oil in wok, add crushed garlic, ginger and chili bean paste and sauté until aromatic, add beef and tomatoes. While stirring gently crush tomatoes with a ladle, however leave with some distinguishable shape.
- Add lettuce and sauce.
- Add corn starch dissolved in water and cook until sauce thickens.

Shredded Beef with Green Pepper



Recommended cuts



2 Shoulder clod 4 Chuck tender 12 Gooseneck round★

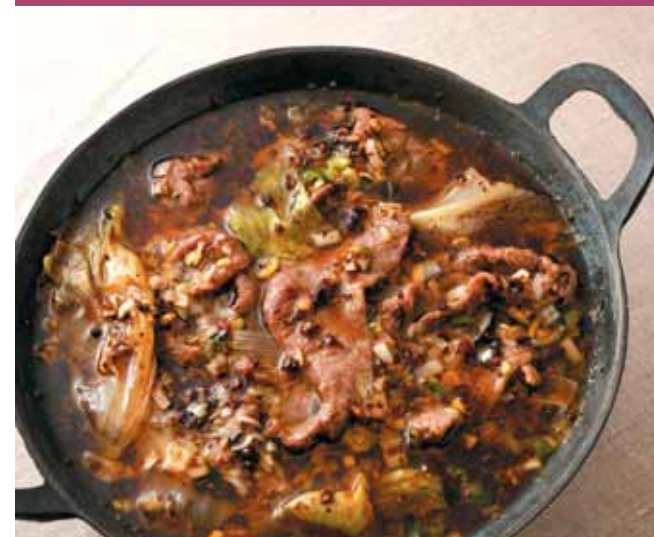
Ingredients

150g beef	1tbs Shaoxing rice wine, soy sauce
6 green peppers (of which 1 should be red)	1tsp sugar
100g bamboo shoots in spring water	1tbs oyster sauce
1 clove garlic	1tbs Chinese soup stock (powder)
Ginger	Beef Seasoning:
3tbs salad oil	1tbs Shaoxing rice wine, soy sauce
Beef Seasoning:	1tbs salad oil
Salt & pepper to taste	2tsp corn starch

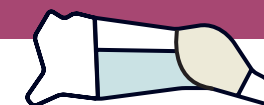
Method

- Cut beef into 1cm strips. Combine sauce ingredients.
- Slice green peppers and bamboo shoots into 5mm strips. Finely chop garlic and ginger.
- Rub beef seasoning into beef.
- Heat oil in wok and sauté garlic and ginger over low until aromatic. Add beef and cook over medium heat.
- When the meat begins to brown, add vegetables and cook over high heat.
- Add sauce and cook until heated through.

Poached Sliced Beef in Hot Chili Oil



Recommended cuts



10 2 Rib short rib★ 11 Short plate★ 12 Gooseneck round★

Ingredients

200g thinly sliced beef	2tbs Szechuan pepper
1/2 lettuce	10 red chilies (whole)
Beef Seasoning:	10cm shallots
1tsp soy sauce	1/2 clove garlic
1tbs corn starch, Shaoxing rice wine	1tbs chili bean paste, soy sauce
1/2 egg white	1/2tbs black bean paste
Chili Oil:	3tbs Shaoxing rice wine
200cc salad oil	2tsp salt
	500cc Chinese soup stock

Method

- Cut beef into 5cm widths, rub with beef seasoning and leave to stand in fridge for 30mins. Tear lettuce into bite-size pieces.
- Add salad oil, Szechuan pepper, seeded chili and finely chopped shallot and garlic to wok and cook over low heat until aromatic and oil colors. (be careful not to burn ingredients) Strain oil using extremely fine colander or gauze into separate pot and finely chop remaining spices.
- Add chili bean paste to wok and cook until oil turns a red color, add black bean paste and sauté quickly, add Shaoxing rice wine and soy sauce.
- Once sauce thickens slightly add 500cc Chinese soup stock, taste and add salt if required.
- Cook over high heat, adding lettuce when mixture comes to the boil. Remove lettuce when soft and serve onto deep plates or bowls.
- Add beef to remaining soup gently stirring until just cooked. (approx. 1min)

Beef in Oyster Sauce



Recommended cuts



12 Gooseneck round★ 13 Top-round

Ingredients

200g beef	4 baby bok choy leaves
1 Shaoxing rice wine	1tsp Soy sauce
A Soy sauce	B 1tsp Shaoxing rice wine, sugar
Pinch salt, sugar	1tbs Chinese soup stock (Powder)
1/2 egg white	1 clove garlic
1tsp corn starch	C Ginger
2tsp oyster sauce	5cm shallot
Salt	Shallot for garnish

Method

- Combine ingredients from A, rub into beef and leave to stand in fridge for 20mins. Score a cross into the stem of the bok choy leaves, finely chop ingredients from C. Take the shallot (for garnish) and with sharp scissors, cut the green top down to where the hard stem starts to make a curl.
- Dissolve 1tsp of corn starch in 2tsp water. Combine egg white with beef from step 1 and mix in corn starch mixture. The trick is to mix quickly so as to avoid the mixture turning gluggy.
- Place bok choy in boiling water with a pinch of salt and a little oil and boil until soft.
- Heat oil in wok to 150°C and sauté beef until just cooked (approx. 1min)
- Heat oil in frypan and combine with oyster sauce.
- Add ingredients from C, sauté until aromatic and reduce to medium heat. Add ingredients from B, beef and cook until sauce thickens.
- Serve beef and bok choy on plates and garnish with shallots.