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 ramp used in the following recipes was whole cuts and is a very easy-to-use cut of beef.

Spicy Beef and Tomato Stir Fry

**Recommended cuts**

- **Gooseneck round**
- **Top-round**

**Ingredients**

- 250g Stir fry beef
- 2 tomatoes
- 1/2 lettuce
- Ginger
- 1 clove garlic
- Beef Seasoning:
  - Salt & pepper to taste
  - 2tbsp cooking sake

**Method**

1. 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.
2. Cut thinly sliced beef into easy-to-cut pieces and season lightly with salt and pepper.
3. Rub ingredients from step 1 in the beef seasoning in the order of salt, pepper, cooking sake and oil. Quickly sauté lettuce, remove pan and drizzle with hot water to remove excess oil.
4. Quickly sauté beef (removed from pan when beef begins to change color).
5. 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.
6. Add lettuce and sauce.
7. Add corn starch dissolved in water and cook until sauce thickens.

Poached Sliced Beef in Hot Chili Oil

**Recommended cuts**

- **2 Rib short rib**
- **Short plate**
- **Gooseneck round**

**Ingredients**

- 200g thinly sliced beef
- 1/2 lettuce
- Beef Seasoning:
  - 1tbsp soy sauce
  - 1/4 cup corn starch
- Shaoxing rice wine
- 1/2 egg white
- Chilli Oil
- 200cc salad oil
- 2tbs Szechuan pepper
- 10 red chilies (whole)
- 10cm shallots
- 1/2 clove garlic
- 1tbsp chili bean paste, soy sauce
- 1/2tbs black bean paste
- 30g Shaoxing rice wine
- 2tsp salt
- 500cc Chinese soup stock

**Method**

1. Cut beef into 5cm widths, rub with beef seasoning and leave to stand in fridge for 30mins. Tear lettuce into bite-size pieces.
2. 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.
3. Add chilli 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.
4. Once sauce thickens slightly add 500cc Chinese soup stock, taste and add salt if required.
5. Cook over high heat, adding lettuce when mixture comes to the boil. Remove lettuce when soft and serve onto deep plates or bowls.
6. Add beef to remaining soup gently stirring until just cooked. (approx. 1min)

Shredded Beef with Green Pepper

**Recommended cuts**

- **Shoulder clod**
- **Chuck tender**
- **Gooseneck round**

**Ingredients**

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

**Method**

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

Beef in Oyster Sauce

**Recommended cuts**

- **Gooseneck round**
- **Top-round**

**Ingredients**

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

**Method**

1. 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 tops down to where the hard stem starts to make a curl.
2. 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.
3. Place bok choy in boiling water with a pinch of salt and a little oil and boil until soft.
4. Heat oil in wok to 150°C and sauté beef until just cooked (approx. 1min).
5. Heat oil in frypan and combine with oyster sauce.
6. Add ingredients from C, sauté until aromatic and reduce to medium heat. Add ingredients from B, beef and cook until sauce thickens.
7. Serve beef and bok choy on plates and garnish with shallots.