

Beef with Mange Tout and Oyster Sauce

(Serves 4)



Marinade Ingredients:

1 garlic clove, crushed
2 tbsp dark soy sauce
2 tbsp dry sherry
A little freshly ground pepper

Ingredients:

½ kg (1 lb) good quality steak – rump or sirloin
2 tbsp ground nut oil
125g (1 cup) mange tout, trimmed
125g (1 cup) firm mushrooms, washed and thinly sliced
2 tbsp oyster sauce

- Mix together the four marinade ingredients and put in a shallow non-metallic dish.
- Trim any fat or gristle off the steak. Cut across the grain into strips approximately 5cm long. Put the beef into the marinade, stir well then cover and leave to stand for at least 30 minutes.
- Heat the oil in a wok (or large frying pan). Drain the beef and pat dry on kitchen paper (keep the marinade for later). Fry the beef in small batches until it is evenly coloured. Continue to stir for one to two minutes then drain well and keep hot.
- Add a little more oil to the wok if necessary. Add the mange tout and mushrooms, stir-fry for two to three minutes until they are just beginning to soften.
- Add the beef and the remaining marinade to the wok.
- Add the oyster sauce and a little black pepper. Cook until the sauce and the beef are sizzling.
- Serve immediately.