

stir fry ginger beef and bok choy

ingredients (serves 4)

- 400g beef fillet or rump
- 1 bunch Bok Choy
- 1 tablespoons corn flour
- 1/3 cup canola oil
- 4 cloves of garlic, finely chopped
- 1/2 inch ginger
- 1 tablespoons sugar
- 1 tablespoons oyster sauce
- 2 tablespoons light soy sauce
- 1/4 cup water
- 2 tablespoons Chinese rice wine or Sherry (optional)
- Salt
- White pepper

method

1. Slice beef thinly into 3cm long pieces. Marinate with corn flour, pinch of white pepper, soy sauce and 1/2 tablespoon sugar. Mix well.
2. Peel ginger and slice into thin strips. Wash Bok Choy and drain well. Cut each stem into 2 to 3 pieces.
3. Heat wok until smokey. Pour in half the oil. Wait till wok becomes smoky again then gently add beef and stir a few times to separate. Do not over stir. Beef should be medium rare. Drain oil. Set beef aside.
4. Wash Wok.
5. Heat wok again until smoky. Pour in remaining oil. Wait till oil becomes smoky hot; add ginger, garlic and a pinch of salt. Add Bok Choy and stir continuously. Pour in the water, bit by bit. Stir fry for further 1 to 2 minutes. Add the par cooked beef, oyster sauce and the remaining sugar. Stir for a couple minutes. Finish with the rice wine or sherry. Serve immediately.

fried rice with anchovy diced chicken

ingredients (serves 4-6)

- 6 cups cooked rice
3 cups rinsed rice. 4 cups water. Bring to boil. Turn heat to low. Simmer until all water is absorbed (approximately 6-8 minutes). Turn off heat. Let rest for at least 5 minutes. Fluff rice with a fork. Let cool.
- 6 tablespoons canola oil
- 3 eggs
- 2 anchovies per person
- 250g Chicken, diced into 2.5 cm square pieces
- 1 tablespoon sugar
- 1 1/2 teaspoons salt
- 1/2 cup finely chopped spring onion

method

1. In a hot wok, drizzle 2 tablespoons of oil from around the edge. Add in anchovies in whole pieces. Stir to break down into small bits. Fry till fragrant. Set aside.
2. In a clean wok, heat and add rest of oil. Crack eggs into wok. Using a wok spatula, break the eggs into small lumps. Stir for a minute.
3. Add in diced chicken. Stir until chicken turns an opaque colour. Add cooked anchovy. Stir to mix well.
4. Add rice, 'de-lump' as you stir. Add sugar. Stir for a further minute or until everything is well mixed.
5. Sprinkle in salt and lightly stir-fry. Finish with chopped spring onion.