



Shaking Beef (Bo Luc Lac)

ingredients (serves 6)

330g fillet steak
1 clove garlic
1 tablespoon vegetable oil
2 teaspoons sugar

MARINADE

1 clove garlic, finely chopped
1 teaspoon soy sauce
1 tablespoon Chinese rice wine or dry sherry
generous pinch of freshly ground black pepper
1 teaspoon sugar

directions

This quick-and-easy dish derives its name from the shaking of the wok that is required when cooking it. It can be served with sliced cucumber or a mixed salad, or just with rice.

Mix the marinade ingredients in a deep dish. Cut the fillet into 2cm cubes and marinate for an hour or two, turning from time to time.

Lightly crush the clove of garlic with the back of a knife. Heat the oil in a wok with the garlic. When the oil is hot, add the beef cubes and shake the pan vigorously to make sure that they are well seared on all the sides but still rare inside.

Sprinkle the sugar over the meat and keep shaking the wok so that the sugar melts and combines with the pan juices to caramelize and glaze the beef cubes.

Serve immediately.

notes

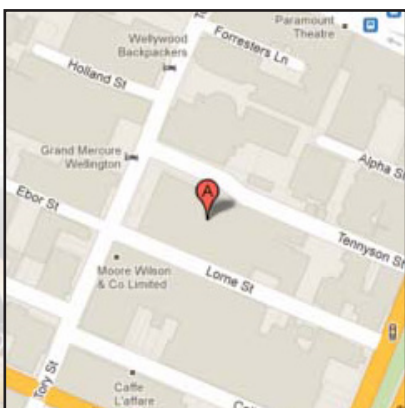
the authentic ingredients for this meal can be found at Asiana Metro. See behind for more information.

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ingredient needs ...



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opening hours

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