



Recipe

Kylie Kwong's Beef Fillet with Black Bean and Chilli Sauce

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Serve as a meal for 4 with steamed rice or as part of a shared meal for 4–6.

Ingredients:

600 g beef fillet, cut into 1 cm slices
3 tablespoons vegetable oil
¼ cup finely sliced spring onions

Black Bean and Chilli Sauce:

½ medium sized red capsicum
, remove seeds, finely slice
1 small red onion, finely sliced
¼ cup ginger, julienne
3 garlic cloves, roughly chopped
1 tablespoon salted black beans
2 tablespoons shao hsing wine or dry sherry
1 tablespoon brown sugar
2–3 tablespoons *tamari/light soy sauce
1 tablespoon malt vinegar
½ teaspoon sesame oil
2 large red chillies, sliced on the diagonal

Method:

1. Heat 2 tablespoons oil in a hot wok until surface seems to shimmer slightly. Add half the beef and stir-fry for 30 seconds. Remove from wok with a slotted spoon and set aside.

2. Add the remaining beef and stir-fry for 30 seconds then remove from wok and set aside.

3. Meanwhile, make the Black Bean and Chilli Sauce. Add remaining oil to hot wok. Add onion, ginger, garlic and black beans and stir-fry over a high heat for 30 seconds, stirring constantly to ensure the black beans do not burn.

4. Return beef to the wok with wine or sherry and stir-fry for 30 seconds. Add sugar, tamari/soy sauce, vinegar and sesame oil and stir-fry for a further minute.

5. Lastly, add chilli and reserved capsicum and stir-fry for a further 30 seconds.

6. To serve, arrange beef on a platter and garnish with spring onions.



*Tamari contains little to no wheat and is therefore an excellent substitute for light soy, which contains wheat.