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Crispy Chili Beef

Ingredients

Beef tenderloin, thinly sliced strips - 120g
Mixed Capsicum Green, Red and Yellow, sliced - 45g
Sliced Carrot - 50g
Garlic Chopped - 10g
White Onion Sliced - 10g
Red Chili Sliced - 10g
Celery Sliced - 10g
Potato Starch/Corn flour - 5g
Chili Sauce 60 ml

Preparation

- 1 Coat the beef strips in the starch and shake off any excess
- 2 Deep fry for 30 seconds until crispy remove and leave to one side on kitchen paper
- 3 In a hot wok sauté the capsicum, carrot, onion, celery and garlic for around 30 seconds and remove from the heat
- 4 Add the deep fried beef and chili sauce to the wok and return to the heat
- 5 Cook for a further 30 seconds over high heat mixing well
- 6 Remove from the heat when the sauce glazes the beef and serve

Cooks Note
