



Posted on 17 September 2012

by Jeff Low, Head Chef of Chi'zen Chinese Restaurant

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
