

Beef Chow Fun

Ingredients

8 oz Flank Steak (thinly sliced)

1/4 t Baking Soda

1 t Vegetable Oil (plus 3

1 lb Ho Fun Noodles
lengths)

2 T Rice Wine

2 t Dark Soy Sauce

1/4 t White Pepper

6 oz Bean Sprouts

1 t Cornstarch

1 t Soy Sauce (plus 2 tablespoons)
tablespoons)

4 Green Onions (cut into 1-inch

3 Ginger Slices

1/2 t Sesame Oil

1/8 t Sugar

0 ds Salt

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Instructions

1. Add the beef into a medium bowl with baking soda, cornstarch, 1 teaspoon soy sauce, and 1 teaspoon oil. Stir to coat the meat well. Set aside to marinate for 1 hour.
2. Place the noodles in a microwave and warm up for one minute. Try to separate the noodles, if they are still stiff warm for additional 30 seconds and then separate the noodles into strips.
3. Heat your wok over high heat until smoking, and add 1 1/2 tablespoons oil to coat the wok. Add the beef and sear until browned. As long as your wok is hot enough, the meat shouldn't stick. Set aside. Add 1 1/2 tablespoons more vegetable oil to the wok. Add the ginger to infuse the oil with its rich flavor for about 15 seconds. Add the green onions.
4. Spread the noodles evenly in the wok and stir-fry on high for about 15 seconds. Add the Shaoxing wine around the perimeter of the wok.
5. Next, add the sesame oil, dark soy, 2 tablespoons soy sauce, sugar and the seared beef. Stir-fry, making sure your metal wok spatula scrapes the bottom of the wok. Lift the noodles in an upward motion to mix well and coat them evenly with the sauce.

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6. Add a bit of salt and white pepper to taste (taste the noodles before adding salt). Add the bean sprouts and stir-fry until they are just tender. Serve!