

## 1 Stir-fry beef with green peppers

**(Please check your allergic ingredients before cook)**

YouTube video: <https://www.youtube.com/watch?v=olAw2cbcBow> (English subtitles available)



### Ingredients:

- Tender beef: 200 g
- Salt water: 500 g (2 cups) water + 8 g (1 teaspoon) salt
- Baking soda: less than 1 g, 1/8 teaspoon
- White pepper powder: less than 1 g, 1/4 teaspoon
- Dark soy sauce: 5 g, 1 teaspoon
- Corn starch: less than 1 g, 1/4 teaspoon
- Water: 10-15 g 2-3 teaspoons
- Oil: 10 g, 1 tablespoon

### Stir-fry vegetables:

- Ginger: 5 g
- Garlic: 10 g
- Dried red chili: 8 g (or less to your taste)
- Green chili: 50 g (or less to your taste)
- Onion: 50 g
- Dark soy sauce: 5 g
- Oil: 10 g, 1 tablespoon
- Salt: 1 g, 1/8 teaspoon

## HOW

1. Beef slices (knife edge is perpendicular to the grain).
2. Add 8g salt to 500ml water to make brine.
3. Soak the sliced beef in brine for 15 minutes.
4. Wash the beef with clean water to remove the blood.
5. Add baking soda, white pepper and dark soy sauce to the beef slices. Grab it with your hands.
6. Add cornstarch and a little water and mix well.
7. Add a spoonful of oil and mix well before serving.
8. Heat the pan with cold oil, and add beef slices without waiting for the oil to heat up.
9. On medium heat, quickly break up the meat slices. After the beef changes color, rise from the pot (about 1 minute).
10. Prepare garnish: sliced ginger, minced garlic, dried chili, shredded green pepper, shredded onion.
11. Add oil to the pot, add dried chilies without waiting for the oil to heat up, and stir fry.
12. Add ginger, minced garlic and onion, and continue to stir fry.
13. Add the meat slices and stir fry.
14. Finally, add green peppers.
15. Turn off the heat, add dark soy sauce, oil, and a small amount of salt.
16. DONE!