



热炒 

Part 2

Stir-fried Dishes





Háoyóuniúròu

蚝油牛肉

Beef with Oyster Sauce

This home-style dish is easy to cook and you can add whatever vegetables you like.

Serving size: two people

Preparation time: 30 min

Ingredients:

beef 300 g

onion 150 g

Condiments:

ginger 10 g

light soy sauce 15 ml

dark soy sauce 5 ml

oyster sauce 15 ml

corn starch 10 g

sugar 10 g

ground pepper to taste

cooking oil 30 ml

Steps:

1 Cut the ginger into thin strips and cut the onion and beef into slices.

2 Marinate the beef in ginger, sugar, light soy sauce, cooking oil, corn starch and ground pepper for 10 minutes.

3 Pour 10 ml of cooking oil into a wok, and bring to 150°C. Add the onion and stir-fry it until it's soft, then remove for later use.

4 Pour 20 ml of cooking oil into the wok, and bring to 150°C. Add the beef and stir-fry it.

5 When the beef begins to darken, add the cooked onion, oyster sauce and dark soy sauce and stir-fry.

Tips:

👉 The best way to enhance the dish is adding straw mushrooms, but it can be replaced by onion, green pepper, bitter melon and broccoli.

👉 Add the extra ingredients before the beef has been cooked completely, otherwise the beef will become overcooked.

Easy Chinese:

shēngchōu

生抽 light soy sauce

lǎochōu

老抽 dark soy sauce

háoyóu

蚝油 oyster sauce



Qīngjiāochǎoròusī 青椒炒肉丝

Green Peppers and Pork Strips

Serving size: two people

Preparation time: 20 min

Ingredients:

green pepper 250 g
pork tenderloin 150 g

Condiments:

salt 3 g
corn starch 8 g
chicken extract 5 g
ground pepper 3 g
soy sauce 15 ml
cooking oil 35 ml

Steps:

- 1 Cut the green pepper and tenderloin into thin strips.
- 2 Add the salt, corn starch with the meat strips and marinate them for five minutes.
- 3 Pour 20 ml of cooking oil in a wok and bring to 150°C. Then add the tenderloin and stir-fry it quickly. When the meat becomes white, remove for later use.
- 4 Pour 15 ml of cooking oil in the wok and bring to 120°C. Then add the green pepper and stir-fry. When it becomes dark green, put the cooked meat in and continue to stir-fry.
- 5 Add the chicken extract, ground pepper, soy sauce and then stir-fry all the ingredients.

Tips:

- 👉 Don't stir-fry the green pepper too long, otherwise the vitamin C in it will be damaged.
- 👉 Add the corn starch when marinating the meat to make the meat tenderer.

Easy Chinese:

Nǐ néng chī là de cài ma ?

你能吃辣的菜吗？

Do you eat spicy dishes?

Wǒ néng chī yìdiǎnr , tài là de jiù chī bùliǎo le .

我能吃一点儿，太辣的就吃不了了。

Yes, a little. But I can't eat it if it's too spicy.



Háoyóushēngcài
蚝油生菜

Lettuce with Oyster Sauce

This dish is popular in homes and restaurants since it's affordable, tasty and easy to cook.

Serving size: two people

Preparation time: 15 min

Ingredient:

lettuce 300 g

Condiments:

oyster sauce 25 ml

scallions 10 g

cooking oil to taste

Steps:

1 Rinse the lettuce and break it into several parts. Then cut the scallions into strips for later use.

2 Pour cooking oil into the wok and bring to 120°C. Add the scallions and stir-fry them until fragrant.

3 Add the lettuce, oyster sauce, and then stir-fry them at high heat until the lettuce becomes dark green and soft.

Tips:

👉 The lettuce can be replaced by flowering cabbage, Chinese kale, and leaf mustard based on your preference.

Easy Chinese:

shēngcài

生菜 lettuce

báicài

白菜 cabbage

bōcài

菠菜 spinach

yóucài

油菜 Chinese cabbage

