

Shanghai Noodles with Sliced Beef & Garlic Chives

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: garlic, garlic chives, red capsicum

Recipe source: Stephanie Alexander's *Kitchen Garden Companion* (Penguin Lantern, 2009)

Note: The beef needs to marinate for at least 30 minutes before cooking.

Equipment:

metric measuring scales
and spoons
clean tea towel
chopping board
cook's knife
large saucepan
bowls – 1 medium, 1 small
mixing spoon
plastic wrap
tongs
colander
large wok
serving platter
chopsticks

Ingredients:

450 g rump steak, topside or porterhouse,
thinly sliced against the grain
750 g thick fresh Shanghai wheat noodles
2 tbsp sunflower oil
3 tbsp oyster sauce
1½ tbsp dark soy sauce
3 tsp white sugar
1 red capsicum, de-seeded and sliced
into 5-mm-wide strips
1 large handful of garlic chives, cut into
5-mm lengths

For the marinade:

3 garlic cloves, finely chopped
6 tsp oyster sauce
1½ tbsp light soy sauce
3 tsp white sugar
1½ tbsp cornflour
1 tsp sesame oil



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. ***Fill the large saucepan with water and bring to the boil over a high heat.**
3. Combine the marinade ingredients in the medium-sized bowl. Add the beef, cover with plastic wrap and refrigerate for at least 30 minutes.
4. ***Carefully drop the noodles into the boiling water and stir briefly with the tongs to separate them. Simmer for 3 minutes.**
5. Drain the noodles in the colander in the sink. Refresh under cold water, drain well, then mix through a few drops of oil and set aside.
6. Combine the oyster sauce, dark soy sauce and sugar in the small bowl and set aside.

7. Heat the wok over a high heat and add the remaining oil. Add the capsicum and stir-fry for 1 minute.
8. Add the beef and marinade, and stir-fry for 1 minute.
9. Add the noodles and garlic chives, then stir-fry for about 2 minutes or until the noodles are glossy brown and everything is very hot.
10. Pour in the oyster sauce mixture and stir through.
11. Transfer to the serving platter and eat with chopsticks.

***Adult supervision required.**

