

Sizzling Beef on Iron Plate 铁板葱干牛柳

配料:

- 牛里脊 Beef Tenderloin
- 大豆油/花生油 Soybean oil or Peanut Oil
- 糖 Sugar
- 食盐 Table Salt
- 鸡精 Chicken Essence
- 洋葱 Onion
- 鸡蛋 Egg
- 生粉 Corn Starch
- 生抽 Light Soy Sauce
- 老抽 Dark Soy Sauce
- 料酒 Chinese Cooking Wine
- 蚝油 Oyster Sauce
- 海鲜酱 Hoi Sin Sauce
- 白胡椒粉 White Pepper Powder
- 墨西哥小青椒 Jalapeño
- 泡椒 Preserved Chili Peppers
- 苏子叶 Basil Leaves

步骤:

1. 将牛肉切成条状，放入盆中。

Cut the beef tenderloin into thin slices and put it into a bowl.

2. 在盆中加点盐、鸡精，搅拌。

Add some salt and chicken essence to the beef and mix it.

3. 加一点水，将牛肉用力打，让牛肉吃进水，就会变得更嫩。

Add some water and mix the meat with force so it absorbs the water and becomes tender.

4. 在盆子打入一个鸡蛋继续搅拌。

Add an egg to the mix and continue stirring.

5. 加一点生粉。

Add some corn starch.

6. 加一勺油，使得肉更滑嫩，搅拌。

Add one table spoon of oil to make the pieces of meat stick to each other less, and mix.

7. 起油锅，在锅中倒入大半锅油。

Heat a pot up, and then fill it halfway with oil, allow the oil to heat up thoroughly.

8. 将小青椒切成小片，将半个洋葱切成小块，泡椒切成小块，装入盘中备用。

Cut the jalapeños, preserved chili peppers, and onion into little pieces.

9. 等锅中油将牛柳放入锅中炸，牛肉八成熟时取出装入盘中。

When the oil is heated thoroughly, add the meat to it, making sure it stays separated. Cook it only 80% through.

10. 另起油锅，待锅烧热后，倒入半勺油，当油沾均匀之后，倒出，待油热后，倒入刚煎好的牛肉，翻炒。

In a sauce pan, after heated up, add some oil, then remove the oil (just to coat the pan). Add the beef strips and stir fry.

11. 倒入之前切好的泡椒、洋葱、小青椒，翻炒。
Add the chopped-up onions, jalapeños and preserved chili peppers.

12. 加入一勺蚝油、一勺海鲜酱、三勺生抽、一勺老抽、一点料酒，继续翻炒。

Add a table spoon of oyster sauce, Hoy Sin sauce, three table spoons of light soy sauce, one of dark soy sauce, and some cooking wine. Continue to stir fry.

13. 加入一勺白胡椒粉。

Add a tablespoon of white pepper powder.

14. 加入一点糖、鸡精、翻炒。

Add some sugar and chicken essence, continue stirring and cooking.

15. 加入一些苏子叶，翻炒一两下。

Add some basil leaves and incorporate.

16. 用夹子或者手套将烧热的铁板放入木盘上，在铁板中放入洋葱片，将锅中牛柳装入铁板，你会听见吡啦吡啦的声音，伴随着铁板牛柳的香味。

Use hot pads or tongs to pick up the heated iron pan. Add some onion slices directly to the pan, then pour the beef mixture over it and listen to it sizzle as you inhale the aromatic flavors. Enjoy!