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## Title: **Chinese Beef With Green Pepper (Lot Tzu Ngow Roh)**

Yield: 1 Servings

### **Ingredients**

- 1/2 lb steak; thinly sliced
- 1 ts corn starch
- 1 ts soy sauce
- 2 ts rice wine
- 1/4 ts oil
- 2 lg green peppers
- 1 md onion
- 1 clove garlic
- 1 sl ginger
- 4 ts cornstarch
- 1 c chicken broth
- 2 tb soy sauce
- 1/4 ts sugar
- 1 tb chinese black beans;  
- (fermented black beans)
- 2 tb oil
- 1/2 ts salt

### **Instructions**

**PREPARATION:** Cut steak on the diagonal into 1/4-inch slices each 2 inches long. Mix 1 teaspoon cornstarch, 1 teaspoon soy sauce, 2 teaspoons rice wine, 1/4 teaspoon sugar and 1/4 tsp oil. Pour this mixture over beef, mix well, and let stand for 15 minutes.

Cut peppers in half, remove seeds. Cut into 1/4-inch long strips. Smash, peel, and mince garlic. Peel and mince ginger root. In a cup, mix together 4 teaspoon cornstarch, 1 cup chicken broth, 2 tablespoon soy sauce, and 1/4 teaspoon sugar. Wash black beans and drain. Mash.

**COOKING:** Heat 1 tablespoon of the oil with 1/2 teaspoon salt over high

heat. Add beef and stir-fry 1 minute. Remove beef from pan and set aside.

Clean the pan. Heat the other tablespoon of oil over high heat. Add the mashed black beans, garlic, and ginger root; stir-fry for about 1 minute. Add green pepper and onion. Stir-fry for 2 minutes. (The pepper slices should remain crisp.) Return beef to skillet and add the cornstarch mixture. Cook and stir until thickened, about 1 minute. Serve.

Posted to MC-Recipe Digest V1 #993 by Gr8seeksM8 on  
Jan 8, 1998

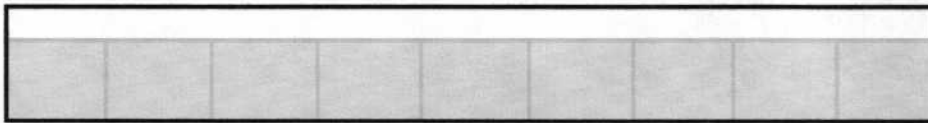
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