



SLURP

## Stir-fried Beef in Black Pepper

 @catererchronicles Wine Pairing

### Orube Rioja Crianza

*A modern and elegant Rioja that will go so well with this classic beef dish. A match made in heaven!  
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#### Beef:

- Trimmed Beef Fillet 300g

#### Marinade:

- Juice from onion, celery and carrot approx 30 grams (to obtain juice, blitz the vegetables in a food processor and squeeze out the pulp with a clean Muslin cloth, saving the juices).
- Light Soy sauce 5g
- Corn starch 5g
- Vegetable oil 3g

#### Black Pepper sauce:

- Whole black peppercorn 3g
- Oyster sauce 3g
- Light Soy sauce 3g
- Dark Soy sauce 1g
- Shao xing cooking wine 2g
- Granulated sugar 1g
- Worcestershire sauce 2g

#### Method

1. Trim any gristle from Beef and cut into cubes, mix thoroughly with the marinade ingredients for a minimum of one hour.
2. In a dry pan, toast the black peppercorns in a suitable skillet or preferably a wok until fragrant, grind (a pestle and mortar is best) and add the remaining black pepper sauce ingredients to combine well, then set aside.
3. When ready to cook, heat up 10 grams of oil, you could add a small knob of butter for richness but do not use butter alone or it will burn. When the oil starts to begin to smoke, add the marinated beef to sear on all sides quickly.
4. Once the meat has taken on some colour, add the combined black pepper sauce and bubble until thoroughly coated, work quickly with a spatula to avoid overcooking the beef. The dish should not be too saucy, the beef absorbing the sauce somewhat.
5. Plate up and serve immediately.