



Shanghai Noodles with Sliced Beef & Garlic Chives

Season: Summer/Autumn

Serves: 6 serves at home or 30

tastes in the classroom

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

Recipe source: Kitchen Garden Companion by Stephanie Alexander (2009, Penguin Lantern,

Melbourne)

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

Equipment:

large pot

metric measuring scales, cups and

spoons

clean tea towel

chopping board cook's knife

bowls - 1 medium, 1 small

mixing spoon plastic wrap colander

tongs large wo

large wok wok sang

serving platter serving tongs

chopsticks

Ingredients:

450 g rump steak, topside or porterhouse, thinly

sliced against the grain

750 g thick fresh Shanghai wheat noodles

1/4 cup sunflower oil

3 tbsp oyster sauce

11/2 tbsp dark soy sauce

3 tsp white sugar

1 red capsicum, 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

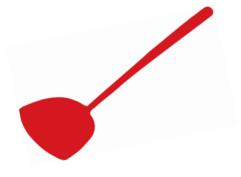
1½ tbsp light soy sauce

3 tsp white sugar 1½ tbsp cornflour

1 tsp sesame oil

What to do:

- 1. Fill the large pot with water and put it on to boil on high heat.
- 2. Prepare all of the ingredients based on the instructions in the ingredients list.
- 3. Mix all the marinade ingredients in the medium bowl. Add the beef, cover with plastic wrap and refrigerate for at least 30 minutes.





- 4. *Carefully drop the noodles into the boiling water, stir briefly 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. Set aside.
- 6. Mix the oyster sauce, dark soy sauce and sugar in the small bowl and set it aside.
- 7. Heat the wok over high heat, then add the remaining oil. Stir-fry the capsicum for 1 minute.
- 8. Add the beef and marinade, and stir-fry for 1 minute. Add the noodles and garlic chives, and stir-fry for about 2 minutes or until the noodles are glossy brown and everything is very hot. Tip in the oyster sauce mixture and mix. Serve at once.

^{*}Adult supervision required.