

# Crispy Chilli Beef



Serves: 4 | Prep: 10 min | Cook: 20 min | Source: #ParlezPantry

Crispy Chilli Beef, aka Sichuan (Szechuan) Dry Fried Beef, aka Gan Bian (Dry Frying) Niu Rou (Beef).

One of my top 3 from a takeaway and a lovely dish to savour with kuàizi whilst taking your time.

## Ingredients

- 400 g sirloin (thinly sliced)
- 6 tbsp caster sugar
- 4 ½ tbsp cornflour
- 4 ½ tbsp oil (sunflower)
- 4 tbsp soy sauce (dark)
- 2 ½ tbsp vinegar (rice)
- 2 tbsp tomato puree
- 2 tbsp ketchup
- 2 tbsp chilli sauce (sweet)
- ¼ tsp salt
- ¼ tsp black pepper
- ⅛ tsp white pepper
- 3 garlic cloves (minced)
- 1 egg
- 1 onion (medium, finely sliced)
- 1 chilli (red, finely sliced)
- 1 tsp ginger (minced)

## Notes

I generally prefer it darker than this so for next time I shall try a triple as opposed to a double fry. Slightly more cornflour and more dark soy sauce.

I have adapted the ingredients and instructions to suit this amendment.



## Method

1. Slightly freeze the steaks to assist with the fine slicing. Place the steak strips in a bowl and add the egg. With your hands mix together to thoroughly coat the steak in the egg.
2. Add the 4 1/2 tbsp cornflour, ¼ tsp each of salt, black pepper and ⅛ tsp of white pepper.
3. Again, use your hands to thoroughly incorporate the steak in the mixture. It will be messy but a little love here will pay dividends in the end.
4. Heat 3 tbsp of the oil in a large skillet, wok or frying pan over a high heat.
5. You may wish to avoid overcrowding your vessel so work in two or three batches. When the oil is hot, add one third or half the beef a strip at a time, spreading it out as you progress.
6. Fry the steak until brown and crispy, this is your first fry, Once cooled, I would repeat this step, to darken the batter. Do not move the meat around too much as this restricts the crispness of each piece. It generally takes 5 to 6 minutes to crisp up the beef, stirring 3 or 4 times during that time.
7. Using tongs or a slotted spoon, remove the beef from the pan and place in a bowl lined with kitchen roll to soak up any excess fat which will in turn assist the dry frying process.
8. Add a further tbsp of oil and repeat with the second and if required the third batch of beef and then place it in the bowl with the first batch.
9. Once all the beef has had its second fry, add the remaining 1/2 tbsp of oil to the pan and turn the heat down to medium.
10. Add the sliced onion and cook for 2 minutes until slightly softened. Add in the chopped chilli, the ginger and the minced garlic and cook whilst stirring for 30 seconds.
11. Add the rice vinegar, soy sauce, tomato puree, the sugar, and ketchup along with the sweet chilli sauce to the pan.
12. Turn up the heat and let it bubble for a couple of minutes until the sauce starts to thicken and reduce a little.
13. Add the beef back in, giving it a thorough stir and heat through for 1 to 2 minutes until the beef is hot.
14. Sprinkle extra chilli flakes if you desire. Serve with rice or noodles of your choice.