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Sesame & Beef Stir Fry

Serves 6

This makes an excellent quick after work meal as all the ingredients can be prepared up to 24 hours in advance and cooked at the last minute.

30ml (2 tbsp.) Soy sauce
30ml (2 tbsp.) Worcester sauce
30ml (2 tbsp.) Soft brown sugar
10 ml (2 tsp.) Tomato puree
5 ml (1 tsp.) Lemon juice
15 ml (1 tbsp.) White wine vinegar
20 ml (4 tsp.) Sesame Seeds
30ml (2 tbsp.) vegetable oil
2 garlic cloves, peeled and crushed
Salt & pepper

700g (1½ lb.) Rump, fillet or sirloin, or good quality braising steak, cut into strips 5mm (¼ inch) thick and 5 cm (2 inches) long

Mix all the above ingredients together in a bowl. Stir the strips of steak into the marinade. Cover and leave to marinate in the refrigerator for at least 3 hours, until you are ready to cook.

Heat a little oil in a large wok or non stick frying pan until the oil begins to smoke. Lift the steak strips from the marinade and fry in small batches until they are well browned. Place them in a large bowl.

Add the rest of the marinade to the pan and reduce until it forms a syrup. Pour over the steak strips.

Serve with stir-fry vegetables of your choice of a crisp green salad.

