



Recipe for Beef with Fresh Asparagus & Baby Corn

Serves 4

Style: Cantonese

Suggested Wine Pairing: Mandolin, Pinot Noir, Monterey 2007

Ingredients:

- 14 oz sliced flank steak: cut on bias and trimmed to bite size pieces
- 16 oz fresh asparagus: cut into 2-½ inch lengths; remove and discard tough lower portions
- 1 tablespoon ground black bean sauce
(stores where you can purchase Asian ingredients are listed at www.lotusgarden.com/recipes.html)
- 2 tablespoons vegetable oil
- 4 oz red onion, sliced
- 8 oz cut baby corn
- 1 clove fresh garlic, chopped
- 1 tablespoon light soy sauce
- 1 teaspoon oyster sauce (optional)
- 1 tablespoon rice wine or sherry
- ½ teaspoon salt (optional)
- ½ teaspoon sugar
- ¼ cup chicken stock
- 1 tablespoon corn starch with 2 tablespoons water to make a slurry (optional)

Instructions:

1. Heat pan with 1 tablespoon vegetable oil.
2. Add beef and cook for 3–4 minutes or until half-way cooked; set beef aside.
3. Clean pan, then reheat and add another tablespoon of vegetable oil.
4. Sauté for 2 minutes with garlic, black bean, oyster sauce, onion, asparagus, and baby corn or until al dente (vegetables cooked, but still crisp).
5. Add beef back into the pan, along with rice wine and ¼ cup chicken stock (optional).
6. Continue to sauté until sauce boils and add slurry to thicken (if needed).
7. Serve with rice.