



bit spicy

Tiger's Tears

This is a fiery dish which founder of Bitspicy, Andrew, ate with school friends in Singapore. It is a local family recipe and is meant to be VERY hot! Speed is of the essence, so have everything ready in advance.

Serves 3-4

INGREDIENTS

- tablespoons of the following, combined to make a sauce: white (preferably coconut) vinegar x1; fish sauce x2; soy sauce x2; oyster sauce x2; worcestershire sauce x1; sugar x2
- 4 or more garlic cloves, crushed
- 1 large thumb-sized piece of ginger, finely chopped (wash, don't peel)
- 2tbsp cornflour
- 350g beef steak, finely sliced
- hot chillies (eg bird's eye, habaneros), finely chopped - the quantity is up to you!
- 3 tbsp vegetable or groundnut oil
- a green pepper and half an onion, roughly chopped
- 1 head of pak choi, separated into leaves
- small head broccoli (optional), chopped into small florets

RECIPE

1. Thinly coat the beef in the cornflour.
2. Put plain white rice on to cook (this takes longer to cook than the dish itself).
3. Heat the oil in a wok, and when very hot add the beef and chillies and fry for a minute or two, stirring so the pieces do not stick together. Remove from the heat and transfer the meat and chillies to a warm plate.
4. Add the sauce to the wok, followed by everything except the pak choi. Fry over a high heat for a couple more minutes. The cornflour will thicken the sauce, so gradually add as much water as you need to get your sauce to the thickness you want.
5. Return the meat to the pan with the chillies and pak choi, and cook until the leaves are wilted.
6. Serve with the rice.