



Char Kway Teow

Serves 4

A Cantonese classic and a favourite at Lee Ho Fook and at home; it's a nice play on slippery textures, wok hei, silky beef and garlicky vegetal crunch. The sauce works well in any noodle or meat stir-fry and keeps really well.

For the beef

200g beef sliced thin, against the grain – use rump, tritip or fillet
5g cornstarch
5g water
10mls sesame oil
20g shaoxing rice wine
5g sugar
5g chicken powder
15mls light soy sauce

Mix all marinade ingredients well and marinate beef for 20 minutes

1 bunch garlic chives, cut into 4cm long lengths
200g bean sprouts
300g hor fun/ kway teo rice noodles- lightly separate the noodles
50g lard (optional) can substitute with vegetable oil
Toasted sesame seeds to garnish

Stir fry sauce

30g oyster sauce
20g dark soy
40g light soy sauce
20g sugar
20g water
5g ground white pepper

In a wok, heat without oil until the wok smokes, add half of the fat and heat until the fat smokes, cook the beef stirfrying in an even layer on high heat, the idea is to sear it and cook it evenly to about a medium doneness, 1-2 minutes, remove and set aside.

Clean out the wok and return to high heat, heat the wok until it smokes add the remaining fat, and heat until it starts smoking, add the noodles and toss lightly to separate and allow to get hot, a little char is also what you're after, so cook it in an even layer tossing the noodles every 3-4 seconds or so, until the noodles begin to soften, have the wok on the highest heat possible at this stage, add the beansprouts and toss the mixture so the beansprouts are at the bottom of the wok and the noodles are above it, this will have the steam of the beansprouts help soften the noodles further, add the beef and garlic chives, stir fry to combine and wilt the garlic chives. Add 60mls of the sauce and stir fry quickly, the noodles should absorb the sauce and turn into an even dark glossy and shiny. Transfer to a plate and garnish with sesame seeds