

BEEF AND CHINESE CABBAGE

¾ pounds flank steak or any other lean beef
3 tablespoons light soy sauce
2 tablespoons white wine
1 ½ tablespoons cornstarch
¼ cup vegetable oil
1 teaspoon minced ginger root
4 scallions, cut into strips
2 cloves garlic, chopped fine
¾ pounds Chinese cabbage, cut into 3-inch pieces
1 red pepper, cut into slices

Split meat lengthwise into halves, then cut it against the grain into ¼ inch pieces. Combine 2 tablespoons soy sauce, wine and cornstarch. Marinate meat ½ hour.

Heat wok to high temperature, add oil. Heat until hot. Quickly fry beef until ¾ of the meat changes color. (about one minute)

Remove wok from heat and stir meat until all meat changes color. Scoop out meat and set aside.

Return wok to heat. Brown scallions, ginger and garlic a few seconds. Add chopped cabbage, 1-tablespoon soy sauce and 2 tablespoons water to wok. Lower heat to medium-high. Cover and cook 2 minutes or until cabbage is heated through. Pour into a serving dish, juice and all. Top with beef.