

# BC SZECHUAN BEEF WITH STIR-FRIED NOODLES



*Yields:* 4 servings

## INGREDIENTS

### For the Noodles:

2 tbsp	Canola Oil	30 ml
2 large	BC Carrots, peeled, halved, and sliced thinly on a bias	2 large
4 cups	Shredded BC Sui Choy	1 litre
2 bunches	BC Green Onions, whites only, sliced on a bias (reserve greens for the beef section of the recipe)	2 bunches
2 tbsp	BC Ginger, minced	30 ml
2 tbsp	BC Garlic, minced	30 ml
14 oz	Lo Mein or Longevity Noodles*	400 g
4 tbsp	Black Vinegar (or Rice Wine Vinegar)	60 ml
¼ cup	Light Soy Sauce	60 ml
¼ cup	Dark Soy Sauce	60 ml
2 tbsp	Sesame Oil	30 ml



## DIRECTIONS

1. In a hot wok or sauté pan, heat canola oil and carefully add the BC Carrots.
2. Cook for 2-3 minutes.
3. Add BC Sui Choy and cook 1 minute longer, moving the food constantly.
4. Add BC Green Onion Whites, BC Ginger, and BC Garlic and cook for 30 seconds.
5. Add cooked noodles and mix to combine.
6. Add black vinegar, light soy sauce, dark soy sauce, and sesame oil.
7. Stir until combined.
8. Remove to a serving dish.



### CHEF'S TIP

\*Or any thin, long wheat Asian noodles.

## INGREDIENTS

### For the Szechuan Beef:

3 tbsp	Light Soy Sauce	45 ml
1 tbsp	Corn Starch	15 ml
1 tbsp	Rice Wine	15 ml
2 tsp	Sambal Oelek (or Asian Chili Sauce)	10 ml
1 tsp	Sesame Oil	5 ml
1 tbsp	BC Ginger, minced	15 ml
1 tbsp	BC Garlic, minced	15 ml
1 lb	BC Striploin or Sirloin Beef, sliced thin across the grain	500 g
3-4 tbsp	Canola Oil	45-60 ml
3	BC Red Bell Peppers, julienne	3
	Szechuan Sauce (recipe on final page)	
1-2 tbsp	Toasted Sesame Seeds for garnish	15-30ml
	Shredded BC Onion Greens (reserved from noodle recipe)	

## DIRECTIONS

1. Combine the first 7 ingredients in a bowl to form a marinade. Add BC Beef and marinate for 30 minutes.
2. In a hot wok or sauté pan, heat canola oil. Add beef in a thin layer and allow to sit for 1 to 2 minutes to brown.
3. Flip the beef and brown the other side.
4. Add BC Red Bell Peppers and cook for 60 seconds.
5. Add Szechuan sauce, mix, and bring to a boil.
6. Simmer for 60 seconds.
7. Remove to a serving bowl and garnish with toasted sesame seeds and shredded greens from the onions.

## INGREDIENTS

### For the Szechuan Sauce:

6 tbsp	Dark Soy Sauce	90 ml
4 tbsp	Light Soy Sauce	60 ml
6 tbsp	Water	90 ml
4 tbsp	Brown Sugar	60 ml
2 tbsp	Rice Wine	30 ml
2 tbsp	Sambal Oelek or (Asian Chili Sauce)	30 ml
2 tsp	Sesame Oil	10 ml
2 tsp	Cornstarch	10 ml
½ tsp	Ground Szechuan Peppercorn	3 ml
1 tbsp	BC Ginger, minced	15 ml
1 tbsp	BC Garlic, minced	15 ml

## DIRECTIONS

1. Combine all ingredients in a bowl.



### CHEF'S TIP

Be sure to prep the ingredients in advance of the event.

