

Stir-fried beef with lemongrass and green pepper



Green peppercorns, though less common than its white and black counterparts, are nonetheless fostered from the same plant. These peppercorns combine the pungent flavour that is unique to pepper with its own sharp and slightly fruity aroma. Here, they are coupled with the warm and gingery fragrance of lemongrass for an unforgettable beef stir-fry dish.

INGREDIENTS



FOR GRILLED CHICKEN

- 4250 g beef tenderloin, sliced
- 3-4 stalks lemongrass, minced
- 3 tsp corn starch
- 2 tsp palm sugar
- 2 tsp white pepper
- 2 tbsp fish sauce
- 2 tbsp palm oil
- 2 tbsp peanut oil
- 1 tbsp sesame oil
- 2 tbsp shallots, minced
- 2 cloves garlic, minced
- 1/2 yellow bell pepper; sliced
- 1/2 red bell pepper; sliced
- 1/2 green bell pepper sliced
- 1 tsp green peppercorns
- 50 ml beef stock
- 1 tbsp palm sugar syrup

To marinate beef tenderloin slices.

In a large bowl, mix sliced tenderloin slices with the lemongrass, corn starch, sugar, white pepper one tablespoon of fish sauce, and one tablespoon of each respective oil. Set aside to marinate for at least an hour.

To cook beef tenderloin.

Heat the remaining oil in a wok over medium-high flame. Add the shallots, green peppercorns, and garlic. Stir fry for about 30 seconds. Add the chopped bell peppers and continue to stir fry until it is thoroughly cooked, and beginning to soften, about 3-4 minutes.

Add in the beef and its marinade and continue to cook until the meat is just tenderising, about another 3-4 minutes. Reduce the heat to medium low, then stir in the remaining stock, fish sauce, and palm sugar. Simmer for yet another 1-2 minutes. When done, adjust seasoning to taste and serve with steamed rice.