

Culinary delights
with
PALM OIL

Stir fried beef tenderloin in black pepper sauce



A wonderful mix of wholly Chinese seasonings serve well to infuse tender beef tenderloin cuts with flavour. Essentially simple to prepare as some of the best Chinese dishes tend to be, this dish perfectly embodies that ideology, a great favourite for those who love their share of meaty bites.

INGREDIENTS



500 g beef tenderloin
1/2 tbsp light soy sauce
1/4 tsp dark soy sauce
1/4 tbsp sugar
125 ml water
1 tbsp palm oil
1 tbsp butter
1 tbsp crushed black pepper
50 g garlic, sliced
100 g onion, diced
50 g spring onion sliced

- Clean beef tenderloin and cut into cubes. Marinate beef cubes with high and dark soy sauce, sugar, water and cooking oil. Place in the chiller until required. Mix together seasoning ingredients and blend well. Heat up wok, add the butter; stir fry beef tenderloin until lightly browned in colour. Add crushed black pepper and the remaining ingredients. Finally add seasoning, stir for a few minutes, then serve.

SEASONING

1 tbsp oyster sauce
1 tbsp Lea & Perrins sauce
1 tbsp tomato ketchup
1 tbsp soy sauce
2 tbsp hot water