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2016





ESTABLISHED
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USING YOUR NOODLES *with*
DAN HONG

MR WONG

Lo mein of Angus beef, mushrooms and XO sauce

Prep time 25 mins, cook 5 minutes (plus resting)

Serves 4 as a small meal

- 2 Angus grain-fed rump-cap steaks (300gm total; see note)
- 1 tbsp grapeseed oil
- 40 gm butter
- 1 garlic clove, finely chopped
- 100 gm fresh shiitake mushrooms, sliced 1cm thick
- 100 gm enoki mushrooms, ends trimmed, separated into small bunches
- 100 gm fresh wood-ear mushrooms, torn
- 320 gm fresh egg noodles
- 80 ml (1/3 cup) XO sauce
- 1 cup coriander leaves
- 2 green spring onions, finely sliced on the diagonal

Black vinegar sauce

- 60 ml (1/4 cup) oyster sauce
- 3 tsp light soy sauce
- 1 tbsp Chinkiang black vinegar
- 1 tbsp ginger oil (see somen noodle recipe)

1 For sauce, whisk ingredients and 3 tsp water together in a bowl.

2 Heat a large frying pan over high heat and bring a large saucepan of water to boil over high heat. Season steaks, add 1 tsp oil to hot frying pan and fry steaks for 2 minutes each side until medium-rare, or until cooked to your liking. Rest in a warm place.

3 In same pan, over high heat, melt butter and add remaining oil. When butter is sizzling, add garlic and stir-fry for 30 seconds or until fragrant. Add shiitake, stir-fry for 30 seconds until lightly browned, then add enoki and wood-ear and fry for a further 30 seconds until enoki have just wilted. Season to taste and keep warm.

4 Meanwhile, drop noodles in boiling water for 15 seconds, then drain, refresh in iced water, drain and blanch again for 5 seconds

(for al dente noodles and to wash off starch). Combine noodles in a mixing bowl with black vinegar sauce. Using chopsticks or tongs, stir noodles to coat, then divide among 4 serving bowls.

5 Slice steaks thinly, divide among bowls, add 1 tbsp XO sauce to each and the mushrooms, and garnish with coriander and spring onion. Once served, stir together with chopsticks so ingredients are combined.

Note

Angus rump-cap steaks are available from Vic's Meat Market.

MY NOTES