



BARBECUED BEEF STEAK STIR FRY

Pairs well with McWilliams Hanwood Estate® Shiraz

Serves 4



- 1 lb beef strips, either rump or sirloin
 - 1 teaspoon allspice
 - 1/4 cup soy sauce
 - 1 tablespoon mirin (sweet Japanese rice wine)
 - 1 tablespoon peanut oil, or vegetable oil
 - 1 medium-sized red chile, seeded and finely chopped
 - 2 cilantro roots, washed and finely minced
 - 1 tablespoon palm sugar, or brown sugar
 - 1 small onion, cut into wedges
- 1 cup bean sprouts
 - 8 water chestnuts, finely sliced
 - 1 cup loosely packed cilantro leaves

In the Kitchen

Put the meat in a bowl and sprinkle with allspice. Combine soy, mirin, oil, chile, cilantro root and palm sugar. Mix well to dissolve the sugar. Pour over the meat, cover and leave to sit for one hour. Drain the meat, reserving the soy mixture.

At the Barbecue

Spray the flat plate liberally with oil. Add meat strips immediately. Put onions on another part of the sprayed plate and turn both meat and onions regularly for two minutes. Do not combine

Add bean sprouts and water chestnuts to onions. Lift and toss to combine all ingredients, including the meat, in a concentrated area on the barbecue. Spoon over some of the reserved marinade and lift and toss for another two minutes. Lift into a serving bowl, add the cilantro leaves and toss gently.

Serve stir-fry with boiled rice or rice noodles

Recipe courtesy of Peter Howard