

Chungking Beef Stir Fry

- 1 pound beef flank steaks or flat iron steak
- 2 tablespoons cornstarch
- 2 tablespoons sherry
- 2 tablespoons soy sauce
- 2 tablespoons brown bean sauce
- 3 tablespoons soy sauce
- 1 tablespoon sugar
- 2 tablespoons sherry
- 1/2 cup chicken broth
- 2 teaspoons cornstarch
- Peanut oil
- 1/2 teaspoon crushed red pepper, or to taste
- 2 tablespoons grated fresh ginger root
- 2 cloves garlic, minced or pressed
- 1/2 red bell pepper, cut into matchsticks
- 1 leek, white part only, cut into matchsticks
- 1 8-ounce can bamboo shoots, cut into matchsticks

Cut the steak down the middle with the grain, then slice across the grain and finally, cut slices into matchstick shreds of beef. In a large bowl, combine the cornstarch, sherry and soy sauce for the marinade and add beef. In a small bowl combine the brown bean sauce, soy sauce, sugar, sherry, chicken broth and cornstarch. In a wok or large frying pan, heat a couple of tablespoons of oil over high heat until very hot. Add the meat and stir for about a minute or just until the pink disappears. Remove to a bowl. To remaining oil, add red pepper for 30 seconds and then ginger root, garlic, bell pepper, leek and bamboo shoots. Stir fry for a minute or so, just until red bell pepper is slightly cooked but still firm. Return the meat and add the sauce ingredients. Cook until sauce thickens slightly and everything is warm. Serve over rice.