
Fakeaway Cookery Class – Crispy Chilli Beef with Egg Fried Rice

Equipment Required

Sharp knife
Chopping board
Measuring jug
2 x Medium Bowl
Jam jar

Frying pan
Wok (or large frying pan)
Teaspoon
Tablespoon

Serves 2

Recipe – Egg Fried Rice

250g Rice (cooked and cooled)
1 tbsp vegetable oil
2 eggs
1 tbsp soy sauce
1 cup peas
2 tsp toasted sesame oil
2 spring onion

1. Prepare the rice and cool quickly on a tray in the fridge.
2. Heat the oil in a wok or large frying pan. Add the beaten eggs and cook until scrambled and nearly cooked through (less than a minute)
3. Add the rice and fry for 5-10mins until hot through, keep the rice moving in the pan and 2 mins from the end add in the frozen peas.
4. Add 1tbsp soy sauce and the sesame oil taste for seasoning.
5. Serve topped with sliced spring onion.

Recipe – Crispy Chilli Beef

200g (7oz) rump or fillet steak (or tofu for a veggie/vegan option)

1 tsp sesame oil

2 tbsp light soy sauce

1 egg

6 tbsp rice vinegar

4 tbsp light brown sugar

3 tbsp tomato ketchup

1 tbsp light soy sauce

1 thumb ginger

2 garlic cloves

2 red chillies (birdseye if you like it spicy)

1 bunch coriander

100g (4.4oz) cornflour (corn-starch)

½ cup vegetable oil

1. Finely slice the steak and add to a bowl with the sesame oil, 2 tbsp light soy sauce and the egg. Massage the steak in the marinade and set aside.
2. Mix the rice vinegar, brown sugar, ketchup and soy sauce together in a jam jar, shake well until the sugar has dissolved.
3. Using a Microplane finely grate the ginger and garlic, otherwise use a knife to chop as finely as possible. Remove the seeds from the chillies and finely slice. Remove the leaves from the coriander and finely slice the stems. Add the coriander stems, ginger, garlic and chillies to a bowl and set aside.
4. Add the cornflour to a bowl and season well with salt and pepper. Add the marinated beef and massage into the cornflour until the pieces of beef are evenly coated and separated (they will try to stick together to start with!)
5. Add the oil to a wok or large frying pan and allow to heat. Fry the beef in batches until really crispy, it will take 2-3 mins. Remove once cooked using a slotted spoon or tongs and place on a plate lined with kitchen towel.
6. Once all the beef is crispy remove any excess oil and add the ginger, garlic and chillies. Keep them moving so they don't catch in the pan and cook until fragrant and starting to break down (less than a minute).
7. Add the sauce to the pan and bring to a rapid boil, allow to boil for a couple of minutes to reduce and thicken up. Add back the beef and mix to coat in the sauce.
8. Serve immediately topped with the coriander leaves.