

# Beef

- Beef Taco Filling
- Black Bean Noodles (黑豆)
- Mongolian Beef
- Royal Rice Cakes (皇朝)

# Beef Taco Filling

## Ingredients

- 500g / 1lb ground beef
- 1 can diced tomatoes
- 1 onion, chopped
- 2 tbsp paprika
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp pepper
- 1/2 tsp cornflour
- 1/2 tsp oregano

## Method

1. Mix all together.
2. Fry.
3. Serve with taco shells, corn, lettuce, cheese, et cetera.

## Notes

Fills 12-15 hard-shell tacos.

# Black Bean Noodles (黒豆うどん)

## Ingredients

- 3-4 servings of udon (wudong) noodles
- 300g / 10oz ground beef or crumbled tofu
- 1 cup beef or vegetable stock
- 5 tbsp black bean paste
- 1/4 head of cabbage
- 1 large zucchini
- 1 onion
- 1 tbsp sugar
- 1 tbsp soy sauce
- 1 tbsp rice wine (mirin)
- 1 tbsp corn starch
- 1 tsp ground ginger
- 1 tsp salt
- 1 tsp pepper
- sesame oil

## Method

1. Mix ground beef or crumbled tofu with mirin, ginger, salt and pepper to marinade, and put a pot of water to boil.
2. Finely chop onion, roughly chop cabbage, and quarter and slice zucchini.
3. Sauté beef (or tofu) until browned, adding soy sauce halfway through.
4. Add finely chopped onion and cook until soft.
5. Push onion and beef to one side and add black bean paste and sugar. Heat while stirring for 2-3 minutes.
6. Add vegetables and stock, and simmer until vegetables are soft.
7. Cook noodles according to package directions; usually this is add to water when boiling, cook for 3-4 minutes, drain and run through cold water.
8. Thicken the sauce and add the noodles, stir together and then serve.

# Mongolian Beef

## Ingredients

- 500g / 1lb beef (minced or thinly-sliced)
- 1 large carrot, julienned
- 10 snow peas, thin-sliced
- 1/2 red capsicum, diced
- 3 spring onions, thin-sliced
- 1/4 cup beef stock
- 2 tbsp rice syrup
- 2 tsp minced garlic
- 1 tsp minced ginger
- sesame oil
- soy sauce
- cornflour

## Method

1. Mix beef with 1 tsp oil, 1 tsp soy sauce, and 1 tbsp cornflour, and marinade at least 1 hour.
2. Mix stock, rice syrup, and 4 tbsp soy sauce.
3. Heat wok with oil on high heat and sear each side of the meat.
4. Push the meat to one side, briefly sauté ginger and garlic in oil, and then add sauce and simmer.
5. Thicken with cornflour and add vegetables, and mix well.

## Notes

Serve over rice or wudong noodles.

Serves 2.

# Royal Rice Cakes (떡볶이)



## Ingredients

- 500g / 1lb rice cakes (tteok 떡), sliced
- 150g / 4oz thinly-sliced beef
- 1 zucchini
- 1 red capsicum
- 1 carrot
- 1 onion
- 1/4 cup pine nuts
- 3 tbsp soy sauce
- 1 tbsp mirin (rice wine)

- 1 tbsp sugar
- 1 tbsp sesame oil
- 2 tsp minced garlic
- 1 tsp sesame seeds
- 1/2 tsp pepper

## Method

1. Mix together soy sauce, mirin, sugar, sesame oil, sesame seeds, garlic, and pepper and use a tablespoon of it to marinate the beef.
2. Bring water to boil in a saucepan and then add the rice cake pieces until they all float. Drain and coat them with a tablespoon of the sauce.
3. Thinly-slice all the vegetables.
4. Cook the beef in a frying pan, and then add the vegetables.
5. Add the rice cakes, pine nuts, and sauce.