

Beef-Tomato Curry Chow Mien With Pan-fried Noodle

By Carrie Wong

1# flank steak thinly sliced on diagonal
2 clove garlic minced
2 T Soy Sauce
2T minced ginger
1 T sherry
1 large egg white
2 T cornstarch
½ t salt

Combine the above ingredient in a medium bowl and allow to marinate for 20 minutes.

1 large onion
1 large bell pepper
2 T oil
1-cup beef broth
1 cup catsup
6 T sugar
1 T red curry paste – to taste
2 T water
2 T cornstarch
3 small tomatoes, peeled, seeded and sliced
Slice the onion and pepper. Combine the beef broth and curry. Set aside. Combine the catsup and sugar. Set aside.

Put oil in pan and heat until very hot. Cook flank steak in small batches until all is cooked. Remove from pan. In the same pan sauté the onion & peppers for 2 minutes, add broth/curry mix. Cook 2 minutes. Add the catsup/sugar. Stir in water/cornstarch, a little at a time until desired thickness. Return the meat to the pan and heat through. Add the tomatoes and remove from heat. Serve over pan-fried noodles.

Pan Fried Noodles

1 # extra fine cut Chinese egg noodles
Sliced green onion
¼ cup canola oil

Cook noodles in boiling water until just done. Drain well. Heat 2 T oil in a heavy nonstick oven safe fry pan. Add half the noodles and sprinkle in the green onions, add remaining noodles and cook until very crispy. Carefully turn noodles out onto back of a half sheet pan (or a pizza pan) Heat remain 2 T oil in the fry pan, slide the noodles into the fry pan and cook until the second side is crispy. Invert onto cookie sheet and allow to rest 5 minutes. Cut into wedges and serve with Chow Mien.