

Spicy Seared Beef With Asian Greens

By Sylvia Tan

Servings: 8-10

Prep Time 20 mins

Cook Time 30 mins

125 ml, Vegetable Oil

3 pcs, Garlic Cloves, *sliced*

8 pcs, Dried Chillies, *rinsed and dried*

15 gm (0.5 oz), White Peppercorn

15 gm (0.5 oz), Black Peppercorn

15 gm (0.5 oz), Red Peppercorn

5 gm (0.2 oz), Coriander Seeds

1.5 kg (3 lb 5 oz), Beef Fillet

500 gm (1 lb 2 oz), Chinese Lettuce,

Garland Chrysanthemum Leaves (Tang Orr),
Chinese Spinach (Puay Leng) or a mix
of all three

Pinch of Sea Salt

30 ml, Chinese Black Vinegar

/ she says.

Inspired by a Hunanese meal in Shanghai, Sylvia created a superbly spicy version that would perfectly complement deep-fried Teochew-style noodles dusted with salt, sugar and vinegar.

step by step

pudding

1 Heat vegetable oil in a small-sized pan over medium heat. Add the garlic cloves, dried chillies, peppercorns and coriander seeds.

2 Stir fry for several minutes until the oil is fragrant, then remove from heat and set aside. The oil is to be used in the dressing later.

3 In a hot pan, sear the beef fillet on all sides until brown and slightly crisp (approximately 5-8 mins on each side). This will give a rare-cooked beef. If preferred, sear then roast the beef in a preheated oven at 200° C (390° F) for 8-10 mins for medium-cooked, and 15-20 mins for well-done.

4 Remove from the heat and allow meat to rest for 5-10 mins before slicing thinly.

5 Tear the lettuce into bite-sized pieces and place on serving plates. Place the sliced beef on top.

6 Dress the meat with the spice-infused oil. Sprinkle sea salt and a drizzle of black vinegar, to taste, over the top. Alternatively, toss everything in a bowl to serve.

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