

Sher Wagyu Stir-fry with leeks, mushrooms & snow peas



Recipe by Rita Erlich

Serves 2-4

There are three parts to this dish: the marinating of the beef, the cooking of the vegetables and beef, and the sauce that brings it all together. The marinade is important because of the depth of flavour it adds to the beef. It is important to have the sauce mixed at the start, because the cooking needs full attention.

350g Sher Wagyu fillet, cut into steaks, then into strips (about 5cm long)

1 medium-sized leek, most of the green discarded

3 or 4 fresh shitake mushrooms or Swiss browns

160g snow peas (or sugar snaps)

1 small chilli, very finely chopped

2 tablespoons oil (sunflower or peanut)

A slice of ginger

For the marinade

1 heaped teaspoon grated orange rind

1 heaped teaspoons grated ginger

1 level tablespoon EACH cornflour, soy sauce and Chinese rice wine (or sherry)

For the sauce

Mix together

1 tablespoon cornflour

1 tablespoon sherry

1 tablespoon soy sauce

2 tablespoons chicken stock or water

Mix together the marinade ingredients in a shallow bowl and add the strips of beef. Mix gently.

Leave for up to an hour, stirring gently from time to time.

String the peas, and slice the leek finely.

Bring some water to the boil in a saucepan with the slice of ginger, add a pinch of salt when it boils, and add the snow peas. Give them a minute, no more, then drain them. Keep to one side.

Slice the leek finely. Heat a tablespoon of oil in the wok, and cook the sliced leeks until soft.

Leave to one side.

Wipe out the wok. Add the remaining oil, and when it is hot, cook the beef, flipping the slices a few times so they cook evenly and do not stick. Add the chilli, stir again. When the meat is cooked, add the leeks and peas. Toss until everything is hot, then give the sauce a quick stir, and add it to the beef and vegetables. Toss a few times so the sauce is hot and thickens, and then serve. Serve with rice.

