

Stir-fried Wagyu Bites with Apple, Potato and Sweet Potato in Honey Pepper Sauce

Celia Chan



Serves 2-3

Ingredient:

Japanese A4 Wagyu Sirloin, 300 gram
Japanese Fuji Apple, 1 piece
Japanese Danshaku Potato, 1 piece
Japanese Kintoki Sweet Potato, 1 piece
Onion, ½ piece
Garlic, 2 cloves
Oil, appropriate

Marinade:

Japanese Soy Sauce, 1 tablespoon
Sugar, 1 teaspoon
Crushed Black Pepper, ½ teaspoon
Oyster Flavored Sauce, 1 tablespoon
Corn Starch, 1 teaspoon
Water, 2 tablespoons

Seasoning:

Japanese Soy Sauce, 2 tablespoons
Water, 2 tablespoons
Cooking Wine (Ryorishu), 1 tablespoon
Crushed Black Pepper, ½ teaspoon
Honey, 2-3 tablespoons

1. Dice the Wagyu and marinate. Set aside for 15-20 minutes.
2. Slice the onion and mince the garlic.
3. Wash, peel and dice the apple. Set aside in water with a dash of vinegar.
4. Peel and dice the potato and sweet potato. Soak in water and set aside. Drain before use.
5. Heat the oil over medium heat and deep-fry the potatoes and sweet potatoes for 6-8 minutes. Turn heat to high and deep-fry for another 2-3 minutes, until potatoes turn golden brown and knife tender. Drain potatoes and set aside.
6. Heat the wok over high heat. Drizzle oil and stir-fry onions until softened. Add crushed black pepper and garlic. Stir-fry gently.
7. Add the Wagyu, apples and all seasoning apart from honey. Stir-fry Wagyu until medium doneness.
8. Add potatoes and sweet potatoes. Stir well.
9. Add honey, turn off heat and stir well before serving.

蜜糖黑椒和牛炒蘋果雙薯粒

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2-3 人

材料：

日本 A4 和牛西冷 300 克
日本富士蘋果 1 個
日本男爵薯仔 1 個
日本金時芋 1 個
洋蔥 ½ 個
蒜頭 2 粒
油 適量

醃料：

日本豉油 1 湯匙
砂糖 1 茶匙
黑椒碎 ½ 茶匙
蠔油 1 湯匙
生粉 1 茶匙
水 2 湯匙

調味料：

日本豉油 2 湯匙
水 2 湯匙
料理酒 1 湯匙
黑椒碎 ½ 茶匙
蜜糖 2-3 湯匙

1. 和牛切粒，加入醃料醃 15-20 分鐘。
2. 洋蔥切件，蒜頭切碎。
3. 蘋果洗淨，去皮切粒，放入加少許醋的水備用。
4. 雙薯去皮、切粒，浸水備用。用前瀝乾水份。
5. 燒熱油，中火將雙薯炸 6-8 分鐘，轉大火炸 2-3 分鐘至表面金黃色（用刀可插入），取出備用。
6. 大火燒熱鑊，加入油及洋蔥，炒至開始軟身，再加入黑椒碎和蒜蓉略炒。
7. 加入和牛粒、蘋果粒和其他調味料（蜜糖除外）快炒至和牛粒 5 成熟。
8. 加入雙薯粒兜勻。
9. 加入蜜糖，熄火兜勻後即可上碟。