

Beef Chow Mein (Version 1)

This was compiled from a lot of experience over the years and watching various videos. This is my compilation in October 2019. I liked the Milanese meat from Viva Villa in Fullerton at 821 E. Commonwealth (5 blocks east of Raymond).

Ingredients

1 to 2 pounds of beef depending on how much you want to cook. (Chicken or Pork can be substituted)
6 ounce dry Cantonese Style Egg Noodle or (12 oz or 16 oz refrigerated or frozen noodles)

1 Tablespoon minced garlic (optional)

1 Tablespoon minced ginger (optional)

1 Tablespoon green onions (optional)

Vegetables - Any of the following:

Carrots	Cabbage	Snow Peas	
Broccoli	Zucchini	Bell Peppers	
Bean Sprouts	Baby Bok Choy	Green Onions	Onions

FOR THE MARINADE:

1 Tablespoon Dark Soy Sauce

1 Tablespoon Chinese Rice cooking wine

1 Tablespoon Sesame Oil

1 Tablespoon Minced Garlic

1 Tablespoon Sugar

1 Tablespoon corn starch

FOR THE SAUCE:

1 cup Beef Broth

2 Tablespoon Oyster Sauce

½ Tablespoon Dark Soy Sauce

1 Tablespoon Chinese Rice cooking wine

1 teaspoon Sesame Oil

1 teaspoon Sugar



Directions

1. Slice the beef into thin pieces.
2. Mix the marinade. Marinate it for at least 1 hour (you can switch it with chicken or pork)
3. Fry the noodles on both sides and set aside.
4. Stir fry the Beef. Cook it on high heat for just 2 minutes. Set it aside.
5. Stir fry the Vegetables. Cook it on high heat for just 2 minutes. Set it aside.
6. Make the sauce. Add the garlic, ginger, and green onions - give it a stir until fragrant. Add the sauce, reducing it and then add thickening corn starch until it is the appropriate thickness.
7. Add the Beef, Vegetables to the sauce and mix well.
8. Place mixture over the crispy noodles.

From: <https://www.youtube.com/watch?v=YDzNbH240NE>