

## Orkney Beef in Oyster Sauce



“ A delicious and quick meal for 4. The quality of the beef makes a real difference with this recipe. Try using Orkney Gold steak”.

**2 tablespoons oyster sauce**

**1 tablespoon dry sherry**

**1 tablespoon cornflour**

**250g / 8oz beef steak, cut into fairly thick slices**

**125g / 4oz button mushrooms, soaked in warm water for 20 mins**

**4 tablespoons vegetable oil**

**1cm/½ inch piece of fresh ginger, chopped**

**2 spring onions, chopped**

**175g / 6oz broccoli, cut into small florets**

**125g / 4oz bamboo shoots, sliced**

**1 carrot, sliced**

**1 teaspoon salt**

**1 teaspoon sugar**

**2 tablespoons chicken stock**

In a bowl, mix together the oyster sauce, sherry and cornflour. Add the beef slices, turn and coat, cover and leave to marinate in the fridge for 20 min

Drain the mushrooms, heat half the oil in a frying pan, add beef and stir-fry for 10 -15 mins. Remove with a spoon and put aside.

Heat the remaining oil, then add the ginger, spring onions, mushrooms, broccoli, bamboo shoots and carrots. Add the salt and sugar and stir-fry for 1½ mins. Add the beef, stir well and moisten with a little stock. Heat through and serve.