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# **SWEET AND SOUR CRISPY SHREDDED BEEF RECIPE**



Crunchy and delicious! Fried shredded beef tossed in sweet and sour homemade sauce, tastes way better than takeout!



This Crispy shredded Beef is a popular Chinese takeaway in England, is very quick and easy to make at home with simple ingredients!

Carrot, peppers, onion, garlic and ginger.

For the sweet and sour sauce you will need only 4 simple ingredients, light soy sauce, honey, fresh lemon juice and salt.

You can also add extra kick by adding chillies and sweet chili sauce, If you prefer more sweet and a little bit spicy.



**Check The Video How to make perfect  
Chinese crispy Shredded beef,  
Better than Chinese Takeaway Restaurant!**

**Ingredients:**

- ½ lb Sirloin/rump steak
- 1 Egg
- 1 Cup Corn starch/Potato starch
- ½ Onion
- ½ Bell Pepper
- 1 Medium Carrot
- Oil for frying (Soy Bean or Vegetables)

## **For Beef Marinate**

- 1 Tsp Light soy sauce
- 1 Tsp Sesame oil
- 2 clove garlic chopped/paste
- ½ inch Ginger chopped/granted
- ½ Tsp Sugar
- ¼ Tsp White pepper

## **For Sweet and Sour Stir Fry Sauce**

- 2 Tbsp Light soy sauce
- 1 Tsp Dark soy sauce
- 2 Tbsp Honey
- 2 Tbsp Fresh lemon juicy
- ¼ Tsp Salt ( To Taste)
- 1 clove garlic chopped/paste
- ½ inch Ginger chopped/grated

**SHOP THE INGREDIENTS HERE**

# USEFUL TIPS:





### **- HOW TO CHOOSE MEAT:**

I recommend you use a nice tender beef steak because it cooks quicker with more tender results, such as rump steak or sirloin, you can also use, pork, chicken or any of your favorite meat cuts but don't use ground meat.

In this recipe I use Sirloin Tip steak (Great for fajitas too).

To make perfect crispy beef tender and tasty, always cut the beef against the grain into thin strips. Make sure to marinate the beef for at least 15 - 30 minutes. I use soy sauce, sesame oil, garlic, ginger, sugar and white pepper. (You can also add 1/4 Tsp of baking soda if you use a tough cut of beef)

### **- BEEF COATING**

If you want to know how to make perfect crispy beef that stays crispy in texture just like in the the Chinese takeaway restaurant here is the secret. Use corn starch, potato starch(flour) or rice flour, it works perfectly for me all the time! Add one egg in the beef marinade before coating with flour, to keep the meat moist and soft.

Can I use plain flour for coating instead of corn/potato flour (starch)? Sure, but plain or all purpose flour can't make the beef coating stay crispy after frying and it often becomes soft very quickly especially when you toss it in the sauce.

## **- STIR FRY SAUCE**

This stir fry crispy beef Chinese recipe doesn't use much sauce, you will only need 4 simple ingredients, light/dark soy sauce, honey, fresh lemon juice and salt. But if you wish to make it more saucy and sticky, you can add 1 teaspoon of corn flour and 2 tablespoon of water in the sauce mixture. You can also add extra dry chillies or fresh chillies and sweet chili sauce or ketchup, If you prefer more sweet and spicy.

## **METHOD:**

1. Prepare the vegetables by slicing them thin, I use onion, red bell peppers, and carrot. You can add cabbage and green onion too!
2. Cut the beef against the grain into thin strips.
3. Marinade the beef with light soy sauce, sesame oil, garlic, ginger, sugar and white pepper. (You can also add 1/4 Tsp of baking soda if you use a tough cut of beef)
4. Mix together and leave for at least 15 mins.
5. Meanwhile prepare the sweet and sour sauce/stir fry sauce, by combining light soy sauce, honey, fresh lemon juice and salt. Mix well and set aside.
6. Next add one egg to the marinated beef, mix thoroughly .
7. Coat the beef strips with corn/potato starch (flour). Make sure all the beef strips are separated. Remove the excess flour before frying.
8. Heat the oil on high heat to about 350 F. Add the coated beef and deep fry for 1-3 mins, until it's crispy.
9. After the beef is cooked, transfer to paper towel or cooling rack, then set aside (or eat them as a snack, I won't judge :-))
10. Then in a medium wok/pan add a tablespoon of oil, wait until the oil is hot, then add the vegetables, garlic and ginger, stir well.
11. Pour in the sauce mix then add the fried beef strips, stir well to combine all ingredients on high heat for 1- 2 mins.

Serve immediately with white rice (Jasmine rice is my favorite) and ENJOY!

## USEFUL TOOLS WE USE



### About Us



Hello and Welcome to our FOOD BLOGGING, TRAVEL AND COOKING site. We are family of 4 who love to cook, travel and eat spicy foods! My name is Erwina (Er-wee-na), originally from Indonesia-Asia, husband is from England and we recently moved to America. I grew up with spicy/Indonesian food, and I want my boys to have spice tolerance. On this site we will be sharing our experience with EXOTIC FOODS, and you will see a lot of spicy foods including recipes for delicious street foods, take out & restaurant style foods that you can easily make at home, from Asian cuisines (Indonesian, Thai, Indian, Vietnamese, Korean, Chinese) to Western cuisine (American and British Foods). Welcome to our site - we're sure you'll find something delicious to make! Erwina is also A REALTOR in North Carolina, USA. Follow her: INSTAGRAM: @ErwinaAndTheboys Or @RealCoastalLife XOXO BEAN (Benoa, Erwina, Arthur, Nigel)

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