

Cambodian peppered beef stir-fry with Kampot pepper sauce

Lok lak

SERVES ONE

We often hear about the horrors of World War 2, but a much more recent tragedy, the 1975 Khmer Rouge genocide resulted in the deaths of two million people. Now in recovery, the new generation of Cambodians are very much keen on discovering their food heritage. Here is my modern take on a family classic and Cambodian staple.

1 sirloin steak, fat untrimmed
1 tbsp oyster sauce (leave to marinate)
1 tbsp sesame oil
3 tbsp butter
2 tbsp tomato purée
1 tsp water
1 tsp chicken bouillon
1 tbsp fish sauce
1 tbsp light soy sauce
1 tbsp dark soy sauce
2 cloves of garlic, minced
1 onion, sliced
1 tomato, sliced
¼ a cucumber, sliced
1 banana shallot, cut into rings
A pinch of salt
1 or 2 tsp black pepper
1 to 2 cups jasmine rice, cooked
½ limes, juiced
1 medium-sized egg
Vegetable oil, for frying

Dice the steak with the fat untrimmed and marinate with the oyster sauce for at least half an hour. Meanwhile, mix your sesame oil, water, chicken bouillon (available at most Asian supermarkets), light soy sauce and fish sauce, and leave this marinade aside. You can then prepare your dipping sauce by mixing black pepper, your lime juice, and a pinch of salt – you can adjust and add to your own liking, I personally like my dipping sauce with a bit of a kick, so I would add more black pepper. After you have left your meat to marinate, heat up a wok and add vegetable oil to fry off your meat – we are not cooking the meat, only just giving it a beautiful colour with that oyster sauce. After 30 seconds, set aside your meat and drain off the oil, then putting it back in and frying off your garlic and onion until cooked. Afterwards, add your beef back in and toss with the marinade, and cook to your preference. To make the rice, place butter and your tomato purée in another wok and fry off your rice, until the tomato purée has fully covered the rice. Present your stir-fry on a bed of your rice, your vegetables on the side and garnish with your Kampot pepper dipping sauce. Plus a fried egg on top! Enjoy!

BY RICKY TAING, VICE CHAIR (2019-20), AND FORMER SECRETARY AND PUBLIC RELATIONS OFFICER

