

□ **Ingredients: 4 servings**

5 oz (150g) lean beef

A:

2 T soy sauce

1 T sesame oil

1 t sugar

1/2 t cooking wine

Crushed garlic, roasted sesame seeds, finely chopped green onion

1 3/4 oz (50g) bean threads

1 green onion

4 dried mushrooms, soaked in water

1 oz (30g) carrot

1/3 oz (10g) dried cloud ear mushrooms, soaked in water

1 green pepper

2/3 t salad oil

Salt and pepper

B:

1 t roasted sesame seeds

2/3 t soy sauce

1/2 t sugar

1/3 t sesame oil

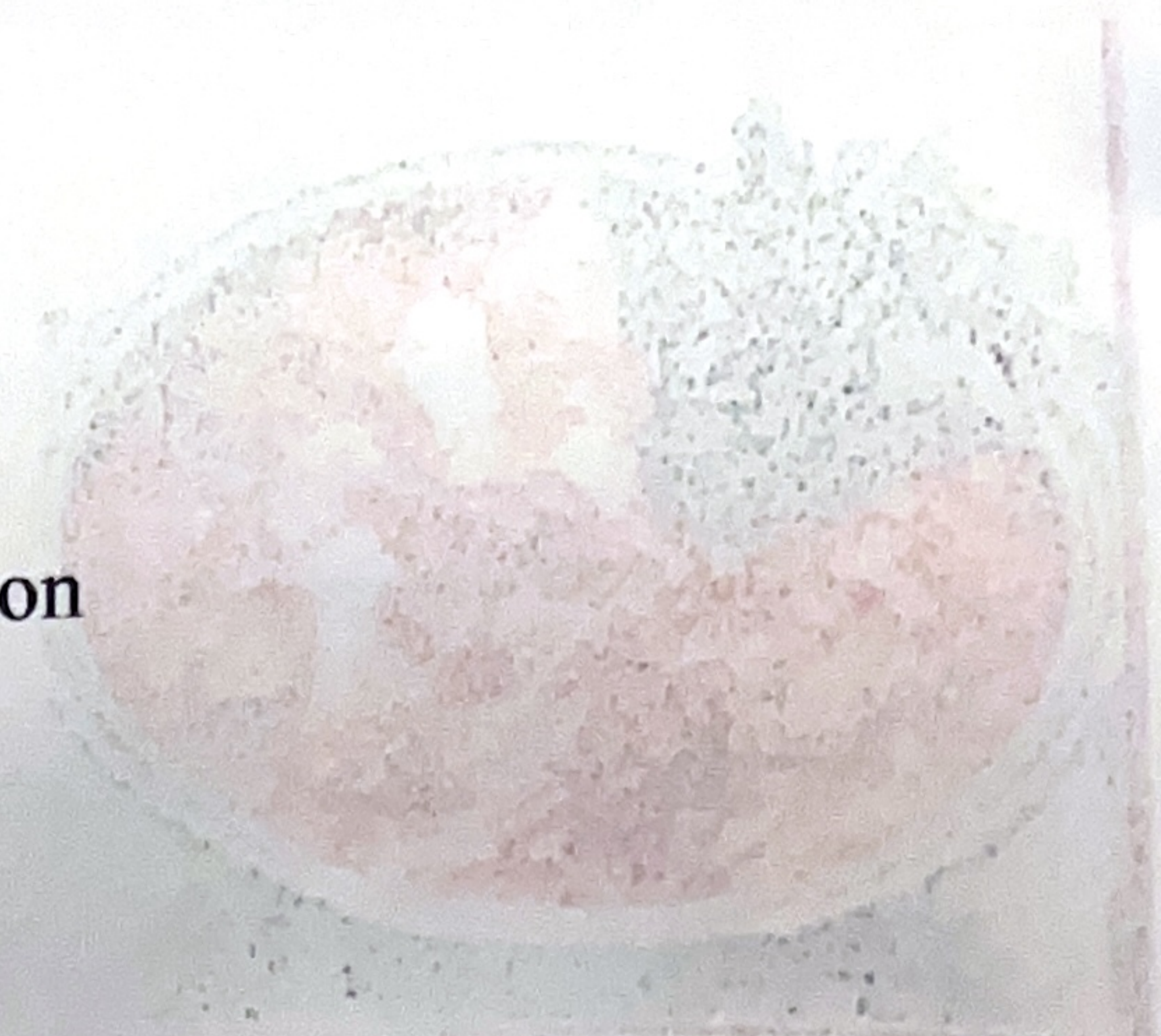
Crushed garlic

pepper

MSG

□ **Procedures**

1. In salted boiling water, cook bean threads 3-4 minutes until transparent. Remove from heat.
2. Drain and cut into 2 1/2 in (6.5cm) length.
3. Cut beef into julienne strips.
4. In a bowl combine A and add beef to marinate.
5. Slice green onion diagonally.
6. Remove stems of mushrooms and cut into julienne strips.
7. Cut ear mushrooms into bite size pieces. Cut carrot and green pepper into julienne strips.
8. Heat salad oil in a skillet, and add green onion. Cook briefly and season with salt and pepper. In the same manner cook all vegetables.
9. Heat salad oil in a skillet and cook beef strips.



10. In a bowl combine **B**. Add bean threads and mix well.
11. Add vegetables and beef. Mix lightly and transfer to serving bowl.