NAMBA STATION HOT CURRY BEEF  
(serves four)

**Ingredients and Preparation:**

1. **Marinade:**
   - 2 tablespoons soy sauce
   - 2 tablespoons seasoned (sweet) rice wine vinegar
   - 1 teaspoon meat tenderizer (optional)
   - Cornstarch mix (2 tablespoons of cornstarch mixed with 2 tablespoons of cold water — use 1 tablespoon here and save 1 tablespoon for later)

2. Slice 1 pound of lean beef into thin strips about 2 to 4 inches long.

3. Thoroughly mix meat and marinade and let stand at room temperature for 30 minutes.

4. Chop 1 medium bell pepper into bite-size pieces, cut 1/2 large yellow onion into 1/2 inch wide stripes and 1 fresh carrot, thinly slice (alternatively, canned, whole baby carrots can be chopped and added at the end of stir-frying, see below).

5. **Curry (mix in a small bowl):**
   - 1 heaping teaspoon of crushed garlic
   - 1 heaping teaspoon of crushed ginger
   - 1 tablespoon peanut oil
   - 1/2 teaspoon sesame oil
   - 1/2 teaspoon dry crushed chili pepper (adjust to taste)
   - 1 and 1/2 tablespoon curry powder
   - 1/2 teaspoon five-spice powder
   - 1/2 teaspoon salt

6. For the cooking phase, have these materials ready:
   - Cornstarch solution (at least 1 tablespoon),
   - 2 tablespoons of honey
   - 2 tablespoons of peanut oil
   - 3/4 cup of chicken broth
   - 1/4 cup carrot juice
Cooking:

7. Add the curry mixture to 2 tablespoons of peanut oil heated to medium high heat in a wok. Stir-fry for about 30 seconds or until the garlic turns brown. Caution - kitchen should be well ventilated at this stage. The chili pepper will volatilize and may irritate the eyes.

8. Turn to high heat and add marinated beef and stir-fry for about 30 seconds (or until meat turns pink).

9. Add chopped bell pepper and onion and stir-fry for 1 minute.

10. Add chicken broth and carrot juice, stir-fry for about 30 seconds or until broth starts to boil. Thicken by adding the honey and remaining cornstarch solution. (Chopped, precooked baby carrots can be added here). Turn to medium heat and simmer for 5 minute.

Serve with white rice.