

Mastering Wok Cooking

PREP TIME 15 MIN | COOK TIME 15 MIN | SERVES 10

MONGOLIAN LAMB

Method

1. Combine lamb and marinade in a large bowl. Mix well. Combine stir fry sauce ingredients in a jug. Mix well.
2. Heat half the oil in a wok over high heat. Add lamb in batches, cook, stir-frying for 2-3 minutes or until just cooked. Transfer to a tray, repeat with remaining lamb.
3. Return wok to the heat. Add remaining oil, onion, ginger, garlic and dried chillies. Stir fry for 1-2 minutes or until aromatic. Add in stir-fry sauce. Allow to simmer for a minutes. Add cornflour slurry and simmer for 2-3 minutes or until thickened. Add lamb back into sauce along with spring onion and toss until well combined.
4. Serve garnished with sesame seeds and with steamed rice and Chinese style mixed mushrooms & green vegetables.

INGREDIENT LIST

Lamb

- 1.5kg lamb leg, Cantonese cut
- #### Other ingredients
- 80mls vegetable oil
 - 240g red onions, cut into wedges
 - 8cm piece ginger, grated
 - 25g garlic, chopped
 - 10g dried chillies, roughly chopped
 - 50g cornflour mixed with 40mls water
 - 150g green onions, cut into batons
 - 40g toasted sesame seeds to garnish

Marinade

- 60mls soy sauce
- 60mls Shaoxing wine
- 8g bicarb of soda
- 40g cornflour

Stir fry Sauce:

- 120mls soy sauce
- 150mls chicken stock
- 100g brown sugar
- 80mls Shaoxing wine

Serving Suggestions

- Steamed rice
- Chinese style mixed mushrooms & green vegetables

