



BEEF LOK LAK STIR FRY (BÒ LÚC LẮC)

Cambodian Peppered Beef with Onions And Bell Peppers In A Savory, Smoky Sauce

Though I never really eat beef, this is one of those sentimental dishes that I'll order whenever I see it on a menu. This popular Cambodian street food, known as 'Shaking Beef', is something you might see on the menu at a Thai or Chinese restaurant and never order, because you have no idea what it is. Beef Lok Lak (or **Bò lúc lắc**) has a peppery, savory sauce, coating tender chunks of beef and vegetables. The traditional dish uses a very specific variety of black peppercorns, regional to Southeast Asia... But, my version is using regular, coarse ground black pepper, which is more widely available here in the States.

Servings Info.:

Yields: 8 cups

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Serving Size: 1 cup



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- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat & Marinade:

- 2 pounds beef top sirloin steak, trimmed, sliced into 1" cubes.
- 1/2 tsp baking soda, dissolved into 1 Tbsp water
- 1 Tbsp oyster sauce
- 1 Tbsp reduced sodium soy sauce
- 1 Tbsp 'dark' soy sauce
- 1-1/2 tsp 0 point sweetener o' choice
- 5 medium garlic cloves, minced

Sauce:

- 2 Tbsp oyster sauce
- 2 Tbsp reduced sodium soy sauce
- 1 Tbsp dark soy sauce (I used 'sushi chef' brand)
- 1/3 cup fat free beef broth
- 1 Tbsp coarse ground black pepper
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water

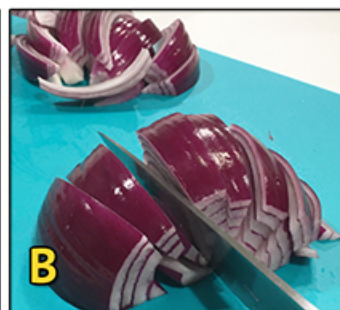
Additional Ingredients:

- 1 large red bell pepper, sliced into strips
- 2 large red onions, halved, sliced into thin wedges (picture 1B)
- (optional) green onions, thin sliced, for garnish

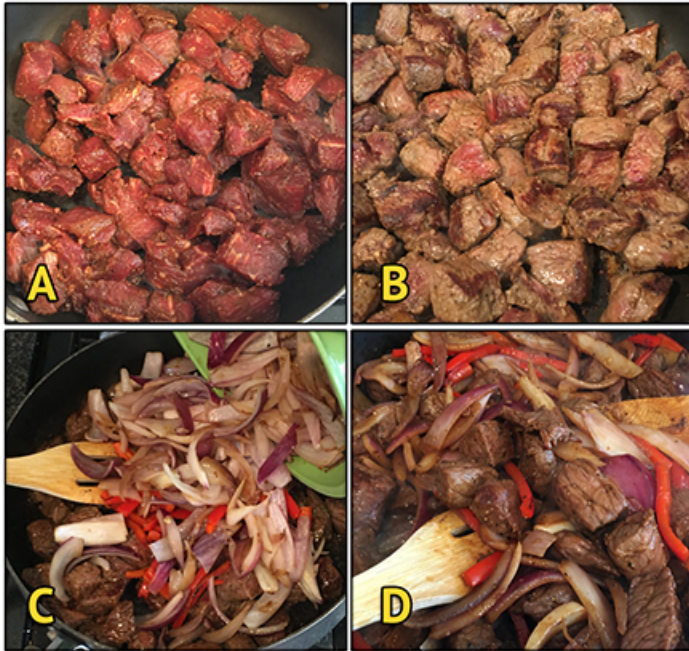
Dipping Sauce:

- 3 Tbsp lime juice
- 1/8 tsp coarse ground black pepper
- 1/4 tsp salt

Directions:



1. **(A)** Mix the sliced & trimmed beef with all the marinade ingredients. Let marinate for at least 30 minutes, though you can also marinate overnight. **(B)** Slice and prep the onions and bell peppers, set aside. **(C)** Heat a LARGE pan over High heat for 1 minute. Spray with cooking spray, then add the onions. Do NOT move the onions. Let cook, undisturbed, for 2 minutes over high heat. Toss, then cook 1 more minute. Set aside in a bowl. **(D)** Return pan to heat, spray pan again and add bell peppers. Cook over high heat, unmoved, for 1 minute. Toss, then cook for 1 minute. You want a little char to develop. Pour the peppers into the same bowl as the onions. Return empty pan to heat.



NOTES & SUGGESTIONS:

- **MARINADE:** As stated in the instructions, though you can marinate the beef for as little as 30 minutes, I marinated mine overnight.
- **BEEF/CHICKEN:** Though this dish is usually made with beef, obviously, you can make it with chicken breast.
- **OYSTER SAUCE:** If you don't like the taste of oyster sauce, you can use 'vegetarian oyster sauce', which is a thick, savory sauce, made from mushrooms.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand to calculate the points for this recipe.
- **COARSE GROUND BLACK PEPPER:** In this dish, we are using 'coarse ground' black pepper, NOT regular, finely ground black pepper you used to have in your mom and dad's little pepper shaker. You can either use a pepper mill on the coarsest setting, to grind your own... in which case, you'll end up with forearms like popeye, to get this much. Or, you can buy a container of 'coarse ground black pepper' at the grocery store, in the spice aisle. That's what I do.

2. **(A)** Spray pan with cooking spray, add marinated beef into the pan, press down into a single layer, then allow to cook for 2 minutes, over high heat, without touching it. **(B)** When the meat has seared, untouched, for 2 minutes, toss the meat in the pan. Cook for 2 additional minutes or until juuuust cooked through and no longer pink. **(C)** Return the bell peppers and onions to the pan, then toss to combine. Let the pan get back up to heat, then pour in the sauce. **(D)** Continue to cook for 2-3 minutes, or until the sauce has thickened and coats the beef in a nice, thick coating. Toss and fold the meat and vegetables till the thick sauce is evenly distributed. Serve immediately, garnish with thin sliced green onions, if desired.

3. To make the simple dipping sauce, mix the lime juice with the 1/4 tsp of salt and cracked black pepper. Done.

