



## **CAMBODIAN BEEF LUC LAC**

### **MISE EN PLACE**

- If you have a rice cooker, feel free to cook your rice ahead of time.
  - Wash and dry your lettuce before class if you can, but not necessary.
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### **CAMBODIAN BEEF LUC LAC** *(serves 4)*

Recipe by CHEATA NAO

*2 lbs beef (top sirloin or any cut with some fat content)*

*1 tbsp cornstarch (or white flour)*

*1 tsp black pepper*

*1 tsp salt*

*2 tbsp granulated sugar*

*2 tsp MSG*

*2 tbsp vegetable or canola oil (neutral flavoured oil)*

*2 tbsp dark soy sauce*

*2 tbsp soy sauce*

*2 tbsp oyster sauce*

*1-2 cloves garlic*

*1 medium yellow onion*

*1/2 small red onion*

*1 head romaine or loose leaf lettuce*

*1 cucumber*

*1 tomato*

*2 ½ cups jasmine white rice*

*2 ½ cups water (for cooking rice)*

*½ cup water (stir fry sauce)*

*To serve: Lime Pepper Dipping Sauce (recipe below)*

- Thinly slice the beef and add to a large mixing bowl. Add 1 tablespoon of the sugar, cornstarch, black pepper, and salt. Mix together with your hands, thoroughly coating the slices of beef. Set aside.
- Wash and dry lettuce. Arrange lettuce on the bottom layer of a large serving platter in circular pattern. Slice tomatoes and layer on top of the lettuce. Slice the cucumber and layer on top of the tomatoes. Finally, thinly slice the red onion and layer on top of the tomato. Set platter aside for serving.
- Finely chop the garlic and thinly slice the yellow onion for the stir fry
- Add your rice to the pot and wash under cold water squeezing the rice with your hands to remove any impurities and extra starch. Rinse and repeat this step 2 more times or until water is less cloudy.
- Once the rice is clean add in your 2 ½ cups of water and bring rice to a boil over medium heat. When the rice begins to cook and soaks up the majority of the water, turn heat to lowest setting and put a lid on the pot and cook for another 2-5 minutes. Once rice is cooked take the pot off the heat.
- In a large wok or non-stick pan heat up vegetable oil on medium high heat and add the sliced beef into the pan stirring occasionally. Add msg, garlic and remaining tablespoon of white sugar to the beef. Cook until the beef begins to brown, continually stirring for about 10 minutes.
- Once the beef browns add in soy sauce, dark soy sauce, oyster sauce, and sliced yellow onion. Saute for another 2-3 minutes until onions soften. Continue to stir while you slowly add water to incorporate the brown bits stuck to the bottom of the pan.
- Add as little or as much water as you want depending on how saucy you want your stir fry to be. Let the sauce simmer and thicken for another 2-3 minutes. Once the sauce thickens to your liking, remove from heat and pour over your vegetable platter.
- Serve with the jasmine rice and lime pepper dipping sauce on the side.

## **LIME PEPPER DIPPING SAUCE (Thuk Grochma Marith)**

Recipe by Cheata Nao

### *Ingredients*

*3 limes*

*3 tsp black pepper*

*Pinch salt*

*Pinch sugar*

*Pinch MSG*

*1 tbsp water (optional)*

- To make the dipping sauce. Juice limes into a small bowl and mix in black pepper, salt, msg, and sugar. Add water if you want it less intense.

**EQUIPMENT**

Cutting boards and knives  
Large mixing bowl  
Wok or Large Non Stick Pan  
Large serving dishes  
Rice Cooker (optional)