



Peppery beef rolls

Tender slices of beef wrapped around crunchy veggies

THEY were gone almost as soon as they were placed on the table and my taste panel of four couldn't stop asking for more.

Black pepper seems to be a Singaporean favourite, and even our almost-national dish, the chilli crab, has been seriously threatened by its black pepper cousin.

Last year, when we introduced the MAGGI Black Pepper Beef Mix, you cleaned out the shelves. And our Black Pepper Chicken Wings with Mushrooms is still the most asked for recipe from that series.

That's why I'm sure you'll like today's recipe.

I've taken some thin slices of beef fillet and marinated them in the MAGGI Black Pepper Beef Mix. Then, I rolled the beef around a crunchy assortment of vegetables and quickly fried the meat rolls over high heat to seal the juices.

To take some heat off from the pepper, I made a salsa of chopped coriander, pine nuts

and MAGGI Chilli Sauce with a touch of honey.

This piquant sauce is just what you need to freshen the palate after a black pepper blitz.

If you are cooking for children, give them chilled fresh fruit juice after their meal. The sweetness will cool their tender palates.

This dish needs nothing more than a hot bowl of fluffy white rice as a complement.

MAGGI Black Pepper Beef Mix is my favourite one-step mix and I always have a few packs in my cupboard.

They are great marinades and you need to add nothing else. The beef fillets will be silky smooth but spicy.

Remember to cut the fillets against the grain so they cook faster and remain tender.

I find the ready-sliced beef for *shabu shabu* you get in the Japanese meat shelves work very well for this recipe. They are a tad pricey, though.

Or slice the fillet before it is fully thawed. The firmness will allow you to cut thinner slices.

Fresh or fully thawed meat tends to be slippery. Remember to e-mail me ideas or questions.



by
Pauline
D Loh

pauline@newstoday.com.sg



WINNING LETTER:

I really like your steamed chicken in oyster sauce recipe.

You mentioned in the article that a bamboo steamer is better than a metal one because condensation gathers under the lid. I solve this problem by putting a paper towel under the lid. This not only prevents the steam from escaping but also absorbs the condensation.

Mr Harry Teo

via homechef@newstoday.com.sg

Thank you, Harry, for that wonderful tip. You've won a MAGGI hamper for this letter. Hope you enjoy the products as much as I do.

Do you have a question about MAGGI products?
E-mail homechef@newstoday.com.sg.

**The letter chosen for publication each week
WINS a MAGGI Hamper.**

THIS MONTH'S DIARY:

FUN COOKING WITH MAGGI is a cooking workshop conducted by Nancy for children from eight to 13 years old. Details at www.lifeskills-lifestyle.gov.sg.

June 15, 2.30pm Paya Lebar CC, call tel: 6284 4261

June 18, 2.30pm, Kaki Bukit CC, call tel: 6445 4223

June 20, 2.30pm, Moulmein CC, call tel: 6251 4960

June 22, 2.30pm Punggol Park CC, call tel: 6387 3036

TAKE A TIP TODAY



Pine nuts for flavour

Sauce or salsa

What you need for the black pepper beef rolls is something that will add to the flavour of the dish. For the more tender taste buds, the coriander and pine nuts will cool down the robust heat from the black pepper.

Pine nuts are lovely to eat and very healthy. They have a high fat content and burn easily, so toast them over gentle heat to release their wonderful aroma. Remove from heat as soon as they turn golden.

Most of our pine nuts come from China, mainly from Yunnan. They are extracted from stone pine cones manually, hence they cost a little more. The ivory nuts can be bought at health food stores or supermarkets. Keep extra in the freezer as they turn rancid quickly in the heat.



Black pepper beef rolls

Ingredients:

1 packet MAGGI Black Pepper Beef Mix
500gm beef fillet, thinly sliced
1 carrot, peeled, cut into sticks
1 bunch asparagus, trimmed
200gm enoki mushrooms, trimmed

Method:

1. Marinate beef slices in the MAGGI Black Pepper Beef Mix. Leave aside.
2. Prepare vegetables and cut them into 10cm lengths.
3. Lay marinated beef slices flat on the counter top. Place

vegetables neatly along one edge and roll the beef around them. Repeat till beef and vegetables are used up.
4. Heat up a little oil in a non-stick wok. Lay the rolls carefully down and fry quickly till beef is cooked.
5. Place on a plate and spoon coriander and pine nut pesto over. Serve hot with white rice.

Grocery List/Price Guide:

MAGGI Black Pepper Beef Mix (\$1.44)
500gm beef fillet (\$8 for a good cut)
1 carrot (\$0.50)
1 bunch asparagus (\$3)
200gm enoki mushrooms (\$2.40)
Total cost: \$15.34

(Preparation time: 15 minutes.
Cooking time: 5 minutes.
Serves four to six.)

Spicy Coriander & Pine Nuts Sauce

Ingredients:

4 tablespoons MAGGI Chilli Sauce (\$1/340g)
1 bunch coriander (\$0.50)
70gm pine nuts (\$3)
Honey to taste

Method:

1. Finely chop coriander and stir in MAGGI Chilli Sauce. Add honey to taste.
2. Toast pine nuts in a DRY pan over medium fire. Spoon coriander chilli sauce over beef rolls. Toss pine nuts over the sauce.

