



## **Filopino Beef Steak (Bistek Tagalog) and Vegetable Cold Rolls**

**Sol Borlongan and Loan Pham – The Hilton Adelaide**

25th September, 2011

### **FILOPINO BEEF STEAK**

#### **Ingredients:**

½ kg beef sirloin, thinly sliced  
4 tbsp soy sauce  
1 lemon, squeezed and strained  
ground black pepper  
¼ cup, cup cooking oil  
3 large Spanish/red onions, sliced into rings

#### **Method:**

Marinate beef in soy sauce, lemon and pepper for about 30 minutes – remove and dry using paper towel  
In a wok or pan, heat oil - sauté onion rings until soft, then remove and set aside  
Fry beef until brown - once cooked, add the marinade  
Let simmer for 2 minutes, then add the onions back in  
Serve with rice.

### **VEGETARIAN COLD ROLLS**

#### **Ingredients, cold rolls:**

4 tbsp oil  
2 cloves garlic, finely chopped  
2 shallots, finely chopped  
¼ cabbage, shredded  
2 carrots, shredded  
salt and pepper  
2 eggs, beaten  
1 pack, rice paper  
1 pack of spicy tofu, thinly sliced  
lettuce  
mint and coriander  
roasted peanuts  
rice paper

#### **Method:**

Heat a pan, add 2 tbsp oil and when hot - add garlic and shallots and fry until brown  
Stir-fry in cabbage and carrots for 5 minutes – season - remove from the heat and cool down  
Heat a large fry pan, add 2 tbsps. of oil and when hot - add the beaten eggs and swirl to a thin layer  
When set, remove, let cool - and finely slice  
Fill a bowl with warm water, briefly soak a rice paper and place on a plate  
Arrange garlic, shallot, cabbage and carrot mix, egg, tofu, lettuce, herbs and peanuts on the paper  
Fold in ends and firmly roll up the package  
Repeat until all mixture is used.

#### **Ingredients, dipping sauce:**

6 tbsp water  
2 tbsp peanut butter  
3 tbsp hoisin sauce  
1 tbsp tamarind paste or lemon juice  
1 fresh chili, finely chopped

#### **Method:**

In a small saucepan, heat water, peanut butter and hoisin sauce  
Bring to the boil - then turn heat down - add lemon juice/tamarind paste and mix well  
Set aside, let cool, and add chili.



[www.asfm.org.au](http://www.asfm.org.au)

## ASFM SHOPPING LIST

### **Ingredients**

beef  
eggs  
tofu  
olive oil

herbs

vegetables

### **Stallholders**

Najobe Park Red Angus

[Rosie's Free Range Eggs](#), [Rhode's Free Range Eggs](#)

[Aki's Hand](#)

[Woodside Cheese Wrights](#), [Passionate Foodie](#), [Rodger Fryer](#),

[Patlin Gardens](#), [Bald Hills Olive Grove](#)

Alnda Farms, [Hillside Herbs](#), [Salad Greens and Kitchen Herbs](#),

[Aay's Fresh Herbs](#)

[Virgara's Garden](#), [N&M Tsimklis](#), [Patlin Gardens](#)

B&A Andonopoulos, Golden BC, [Hart's Vegetables](#), Alnda Farms