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## Bo luc lac with tomato rice

Com Bo Luc Lac is a widely popular dish in Vietnamese restaurants despite it not being part of many Vietnamese home cook's repertoire. A Vietnamese friend of mine tells me that the "luc lac" is merely a description for the "shaking" or tossing of the beef back and forth in the wok after it's quickly seared. This dish is often paired together with red rice. To make the red rice, it's best to use 'one-day-old' rice instead of freshly cooked rice so that the rice doesn't become soggy after cooking. I actually didn't have any left over rice when I made this dish, so I just cooked the rice as usual on the day, spread the rice out on a flat dish leaving it at room temperature for about 15-30 minutes than I popped it into the fridge to dry out for about an hour or two. The results still turned out OK :P Serves 2-3 Ingredients 750g beef (any cut you like) Marinade: ½ teaspoon freshly cracked black pepper 1½ teaspoons sugar 2 cloves garlic, minced 2 tablespoons oyster sauce 1 teaspoon fish sauce 2 teaspoons light soy sauce and 1 teaspoon dark soy sauce Garnish: Lettuce leaves 2-4 Tomatoes, sliced 1 Cucumber, sliced 2 tablespoon canola or peanut oil ½ Spanish onion, thinly sliced Method Trim excess fat from the beef and then cut into cubes. In a shallow dish, combine the pepper, sugar, garlic, oyster sauce, fish sauce and soy sauce. Add the beef and toss well to coat. Cover and place in the fridge to marinate for 2 hours. Place lettuce leaves onto a platter or serving dish. Heat oil in a wok over high heat then add the onions and beef (spread it out in one layer. Cook in batches, if necessary). Let the beef sear for about 1 minute, before shaking the wok to sear another side. Cook for another 30 seconds or so and shake. Cook the beef for about 4 minutes total, until nicely browned and medium rare. Transfer the beef onto lettuce leaves, sprinkle some more cracked black pepper and garnish with sliced tomatoes and cucumbers. Serve immediately with Vietnamese red rice (see recipe below). Vietnamese Red Rice Ingredients 1 1/2 cups cooked rice 3 tablespoons canola oil 2 large cloves garlic, minced 2 tablespoons tomato paste 1/2 teaspoon salt 1 egg, beaten Method Put the cooked rice on a baking sheet and refrigerate it, uncovered, for 8 to 24 hours, until it is dry enough for you to gently crumble in your hands. Midway through, turn the rice to ensure even drying. Before cooking, return the rice to room temperature. To make the rice, heat a large nonstick fry pan over medium-high heat and add 2 tablespoons of oil. Then add the garlic, and cook, stirring frequently for about 2 minutes. Add the rice and stir to combine. Add the tomato paste and stir to coat the rice and turn it red. Increase the heat slightly and cook, stirring constantly for about 3 minutes, until the rice is heated through. Push the rice to sides of wok, add the beaten egg to the centre of the wok and scramble it for about 2 minutes. Sprinkle the salt on the rice and eggs and stir fry everything together to combine well. For extra richness, add the remaining 1 tablespoon of oil. Continue to gently fry the rice for another 1 to 2 minutes, to sear in the flavors. Remove from the heat, taste and add extra salt, if necessary. Transfer to a bowl and serve immediately. Notes & Tips Like all good fried rice, cook your rice on the firm side (use less water than usual) so that the grains retain their individuality. Then let the rice dry out in the refrigerator. If you have leftover rice, here's a great way to use it up! The rice will literally fry without soaking up tons of fat. The less moisture the better for fried rice, otherwise it becomes soggy. The tomato paste is a great addition to the rice since it gives the rice great colour and a touch of sweet flavour. Découvrez cette recette en français This recipe has its origins in Vietnam (Bò Lúc Lắc) and Cambodia (Lok Lak). However, it could be a dish of French influence, this is suggested by the use of beef and tomato paste. The sauces used for the marinade can also evoke a Chinese influence. Choose tender beef pieces. It is important to cooked over high heat, so the beef will have a good taste, just be careful to grill it only slightly because it must remain tender and almost melting. Stir-fried rice with tomato is also specific to this dish. Also accompany with vegetables, salad, onions with vinegar and a quick sauce made with lemon juice, salt and pepper. Bon appétit. 400g of Thai fragrant rice 4 garlic cloves 1 onion 1 tomato 1 cucumber 4 leaves of salad 70g of tomato paste 6 tbsp of oil 1 lemon Salt Black pepper Marinade 500g of beef 1 tbsp dark soy sauce 1 tbsp of oyster sauce 1 tbsp of oil ¼ tsp of salt 1 tsp of tapioca flour © Copyright 2015- Cooking With Morgane, Bounnhing Boualavong Tous droits de traduction, d'adaptation et de reproduction totale ou partielle, pour quelque usage, par quelque moyen de ce soit, réservés pour tous pays. 2 pounds boneless beef sirloin, fillet, or rib eye, cut into 1-inch cubes 10 garlic cloves, minced 1 tablespoon Maggi seasoning or soy sauce 1 tablespoon sugar 1 teaspoon sea salt Freshly ground black pepper 1 medium red onion, cut into paper-thin strips 7 garlic cloves, minced 2 tablespoons sugar ½ teaspoon sea salt ¼ cup rice vinegar or cider vinegar ¼ cup extra virgin olive oil Freshly ground black pepper 1 head bibb or Boston lettuce, cored, leaves torn into large pieces 1 cup shaved fennel bulb 1 cup baby arugula ½ cup mint leaves 6 cherry tomatoes, halved 2 tablespoons vegetable oil 854 calories; 66 grams fat; 22 grams saturated fat; 3 grams trans fat; 36 grams monounsaturated fat; 5 grams polyunsaturated fat; 22 grams carbohydrates; 4 grams dietary fiber; 13 grams sugars; 45 grams protein; 968 milligrams sodium; Note: The information shown is Edamam's estimate based on available ingredients and preparation. It should not be considered a substitute for a professional nutritionist's advice. In a bowl, combine beef, garlic, Maggi or soy sauce, sugar, salt and black pepper to taste. Let stand at room temperature for 1 hour. In a large serving bowl, combine onion, 2 minced garlic cloves, sugar, salt, vinegar and olive oil. Mix well, and season with black pepper to taste. Add lettuce, fennel, arugula, mint and tomatoes. Toss to mix. Preheat a large skillet over high heat, and add vegetable oil. Add remaining 5 cloves minced garlic. Add half the beef cubes and sear on all sides, shaking pan, until medium rare, about 1 minute. Reserve, then repeat with remaining beef. Transfer beef to salad greens and toss, or serve salad and beef separately, divided among four plates. Sprinkle with freshly ground black pepper. If desired, serve with rice or crusty French bread. Another Vietnamese meal this week! I think I've well and truly satisfied my cravings by this stage. Needless to say, I'm also feeling very bloated from all the festive eating. I think another vegan week is in order. But first, let me present to you: Bo Luc Lac (Shaking Beef), another popular Vietnamese dish. No, the beef doesn't come quivering on the plate but rather the shaking here refers to the act of shaking the pan to toss the beef back and forth in order to sear all sides. Lost in translation or not, this is still a great dish that is quick and simple, while showcasing a harmony of Asian flavours. There are a few ways of serving Bo Luc Lac. Some present this as a steak salad. But to me, it should be served with tomato rice as we often see in various Vietnamese restaurants. After comparing a few recipes online this is my 'interpretation' of the dish. Basically a combination of the steak salad served with tomato rice. Com Bo Luc Lac Serves 2 Shaking Beef (adapted from RasaMalaysia, recipe by Ravenous Couple) 1 beef sirloin steak cut into 1 inch cubes 1 clove of garlic, minced 1 teaspoon sugar 1 tablespoon oyster sauce 1 tablespoon fish sauce 1 tablespoon sesame oil 1 teaspoon dark soy sauce Marinate beef with above ingredients for at least 1 hour. Heat the pan/wok with 1 tablespoon of oil. When it starts to smoke add the beef and allow to sear for 1 minute, then 'shaking' the pan to brown the other sides (of course you can also use the spatula but it's not called shaking beef for no reason!). To cook it medium well you only need to cook all sides for around 1 minute each. Dish out and serve. Pickled Onions Slice about 1/3 of onion thinly, then marinate in 3 tablespoons of vinegar, 1 teaspoon each of sugar and salt for 10-15mins. Tomato Rice 1 1/2 cup overnight cooked rice 3 tablespoons tomato paste 1 egg, beaten 1 clove of garlic, minced Heat oil in pan and fry the egg first then set aside. Fry garlic til fragrant and add the rice and omelette. Break up the omelette in small pieces. Mix the tomato paste in well. Add more tomato paste if you prefer it richer. To plate, arrange a bed of raw watercress, put the onion slices and drizzle with some of the pickle juice and lastly the beef. The heat will wilt the watercress slightly, which is what we want. Spoon the tomato rice into a bowl and the turn it out on the plate carefully. Garnish with some tomato slices. Squeeze a little lime juice over the beef to lift the dish. An enticing and nutritionously balanced dish made in under 30 minutes. Perfect! Estimated values based on one serving size. Seared, fatty ribeye with aromatic onions paired with the sweet and citric flavors of tomato rice. Can you feel your mouth watering? Bò lúc lắc is a very accessible dish because it has the familiar taste of steak and onions with a twist. It's most popularly called "shaking beef," but makes more sense as "shaken beef" to me (because it's obviously not quivering on the plate).While "bò" means "beef," "lúc lắc" is likely onomatopoeia for the shaking sounds you hear in the wok as you cook the beef. You can find it in many Vietnamese restaurant these days, but I enjoy cooking this dish at home because it's so easy to make. Historically, dishes with beef were uncommon in Vietnam until French colonization in the 19th century. Beef was still a luxury, so dishes like bò lúc lắc were reserved for the upper class and special occasions. These days, meat is much more affordable and bò lúc lắc has turned into an everyday dish. Since this is a quick sear in the pan, we want to go with something more tender and something that cooks fast. Tenderloin is always a good but expensive choice. For this recipe we used ribeye, which has a good amount of fat and good flavor. For the marinade, you want to cut the meat into 1 inch cubes and combine oyster sauce, soy sauce, minced garlic, garlic oil, and sugar in a bowl and marinate the meat for at least 1 hour. This serves as a great base for flavorful meat bites. Before cooking the steak bites, you want to quickly saute the veggies in a pan over medium heat. You don't want to soften the vegetables too much, just enough to get a good texture to eat with the tender steak. As with all steak, it's best to let it come to room temp before cooking so you can get a proper gradient of done-ness without a super raw center. You'll need to adjust your heat accordingly to get a proper sear without cooking the center too much though. Since steak is cooked to proper done-ness on the first go, it must get cooked more if you reheat it so this is best eaten immediately. Of course if you must make more to eat throughout the week, it reheats ok too. Bò lúc lắc is often served on a bed of greens (particularly watercress) and mixed with fresh slices of tomatoes, cucumbers, and pickled onions. Veggies are optional, so if you're scared at least include the onion. This dish also has a lime based dipping sauce that is easy to make, it's just a mix of lime, salt, and pepper. My favorite restaurant for this dish serves it with tomato rice, which takes this dish to a whole other level. To make the rice, all you need to do is mix cooked rice with sauteed garlic, tomato paste, and some fish sauce.



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