



## Zhongye Foods (Dalian) Co., Ltd.

17-2-1, Liandong Road, Advanced Equipment Manufacturing Park, Economic and Technological Development Zone, Dalian City, Liaoning Province, China

### Beef Steak with Black Pepper Recipe

#### Ingredients Preparation

##### Main Ingredients

- ◆ **Steak:** 200g (recommended Sirloin or Ribeye)
- ◆ **Butter:** 10g
- ◆ **Garlic:** 2 cloves
- ◆ **Onion:** 50g
- ◆ **YINGHOK Black pepper sauce:** 80-100ml

##### Side Dishes

- ◆ **Broccoli:** 50g
- ◆ **Cherry tomatoes:** 2-3
- ◆ **Pasta:** appropriate amount

#### Instructions

##### Preparations

- ☺ Let the steak rest at room temperature for 30 minutes to thaw. Pat dry the surface with kitchen paper, season both sides with salt and black pepper, then marinate for 15-20 minutes.
- ☺ Blanch broccoli in boiling salted water with oil for 1-2 minutes, then rinse with cold water.
- ☺ Halve cherry tomatoes.
- ☺ Cook pasta in salted boiling water as per package instructions, then toss with olive oil to prevent sticking.

##### Frying the Steak

- ☺ Heat a pan over high heat (no oil). Fry the steak for 1-2 minutes on each side until browned. Add butter, garlic, and onion. Once butter melts, spoon the mixture over the steak continuously. Fry for another 3-5 minutes (adjust for thickness/doneness). Cover with foil and rest for 5-10 minutes after frying.

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### Final Steps

- ☺ Retain some oil in the pan, heat black pepper sauce over low heat for 1-2 minutes while stirring. Place the steak on a plate, arrange side dishes around it, and pour the sauce over the steak.

### Tips

- ▶ Doneness Check: Judge by touch. Rare steak is soft and springy; the firmer it feels, the more well-done it is.
- ▶ Cookware Recommendation: Use a cast-iron pan or heavy-bottomed non-stick pan for better browning and juiciness.

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