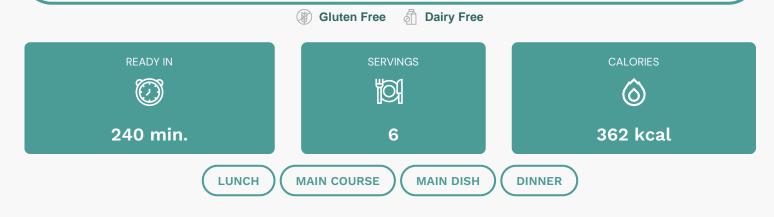


Beef and Snow Peas with XO Sauce



Ingredients

i cup water
2 tablespoons rice wine chinese
2 tablespoons soya sauce
O.3 teaspoon pepper black
2 tablespoons vegetable oil; peanut oil preferred
0.5 ounce salt minced (preferably Smithfield)
0.3 ounce fish sauce dried
0.5 lb snow neas trimmed

	6 servings rice white steamed
	0.3 cup onion finely minced ()
	1 teaspoon sugar
	0.3 cup scallops dried (10; each 1 inch wide)
	1 lb sirloin steak fat trimmed sliced
	1 tablespoon garlic clove finely minced
	1 teaspoon cornstarch
	1 teaspoon nigella seeds fresh red hot minced
	14 inch frangelico
Eq	uipment
	bowl
	frying pan
	sauce pan
	wok
	slotted spoon
Di	rections
	Cover dried shrimp with boiling-hot water in a small bowl and soak 1 hour.
	Bring 1 cup water to a boil in a 1-quart heavy saucepan and add dried scallops (scallops should be completely submerged).
	Remove from heat and soak 15 minutes. Return pan to heat and simmer over low heat until scallops are soft and pale, about 15 minutes, then remove from heat and cool in cooking liquid.
	Transfer scallops to a bowl with a slotted spoon, reserving cooking liquid. Shred scallops into "threads" with a fork or your fingers, discarding abductor muscle (abductor will remain solid but scallop meat shreds easily).
	Drain shrimp, discarding any blemished or dark pieces, and chop very finely.
	Heat wok over moderate heat, then add oil, swirling to coat, and heat until hot but not smoking.



Properties

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 1.38mg, Quercetin: 1.38mg,

Nutrients (% of daily need)

Calories: 362.17kcal (18.11%), Fat: 16.69g (25.67%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 26.58g (9.67%), Sugar: 2.63g (2.92%), Cholesterol: 58.17mg (19.39%), Sodium: 1376.77mg (59.86%), Alcohol: 0.81g (100%), Alcohol %: 0.38% (100%), Protein: 21.95g (43.9%), Vitamin B12: 2.24µg (37.34%), Selenium: 20.29µg (28.98%), Vitamin C: 23.59mg (28.59%), Manganese: 0.55mg (27.53%), Vitamin B6: 0.47mg (23.26%), Phosphorus: 230.72mg (23.07%), Zinc: 3.12mg (20.8%), Vitamin B3: 3.61mg (18.06%), Iron: 2.79mg (15.5%), Vitamin B2: 0.19mg (11.22%), Potassium: 387.43mg (11.07%), Vitamin B1: 0.16mg (10.54%), Magnesium: 40.11mg (10.03%), Vitamin K: 9.67µg (9.21%), Vitamin B5: 0.89mg (8.87%), Copper: 0.17mg (8.49%), Vitamin A: 411.88IU (8.24%), Folate: 26.76µg (6.69%), Fiber: 1.59g (6.36%), Vitamin E: 0.92mg (6.1%), Calcium: 41.54mg (4.15%)