

大排檔風味乾炒牛河

Stir-fried beef Hor Fun noodles





材料

Ingredients

400-500 克 河粉
400-500g
Flat Rice Noodles (Hor Fun)

50-80 克 青蔥(切段)
50-80g Spring Onions
(cut into batons)

80 克 芽菜
80g Bean Sprouts

50-80 克 韭黃(可選, 切段)
50-80g Yellow Chives
(optional, cut into batons)

牛肉: 150-200 克 牛扒切片
150-200g Beef Steak
(thinly sliced)

醃料

Marinade

2 湯匙生抽
2 tbsp Soy Sauce

少許鹽
1 pinch Salt

1 湯匙食油
1 tbsp Cooking Oil
(add last to lock in moisture)

調味醬汁

The Seasoning Sauce

3 湯匙 頭抽/生抽
3 tbsp First Draw Soy Sauce

2 湯匙 老抽
2 tbsp Dark Soy Sauce

少許鹽(按口味調整)
2 pinches of Salt (to taste)



做法 Preparation & Cooking Steps

1. 醃製牛肉: 牛肉用生抽、鹽醃 15 分鐘, 最後加入食油拌勻。(大師秘訣: 最後加油能鎖住水分, 炒起來更滑嫩。)
2. 極速鎖香: 啟動 Siemens 電磁爐 Level 9 最大火力, 將牛肉快炒 30 秒至 1 分鐘, 鎖住肉汁後盛起備用。
3. 準備河粉: 河粉用室溫水浸後瀝乾, 確保去油並分散, 避免下鍋時結塊。
4. 爆香配菜: 鑊中下油, 爆香韭黃、青蔥 30 秒, 再加入芽菜炒 1 分鐘至爽脆。
5. 乾身炒河: 放入河粉, 維持大火炒 1 分鐘, 利用 17 段精準火力 確保受熱均勻。
6. 精準調味: 熄火加入生抽、老抽。重新啟動火力拌勻, 讓河粉均勻上色。
7. 收尾: 加入牛肉再快速翻炒 30 秒, 按口味加鹽調味, 即可熱食享用。

1. The Beef Prep: Marinate the beef with soy sauce and salt for 15 minutes. Stir in the oil just before cooking — this ensures the meat remains velvet-smooth.
2. The "Wok Hei" Sear: Set your Siemens IH Hob to Level 9. Heat a non-stick wok until hot. Flash-fry the beef for 30–60 seconds to develop a deep sear. Flip and cook for another minute, adding a splash of light soy sauce for the final 10 seconds. Remove and set aside.
3. Noodle Prep: Briefly plunge the noodles in room temperature water and drain. This separates the strands and removes excess surface oil for a "dry" finish.
4. The Aromatics: Heat the pan with oil, then pour the excess into a bowl. Stir-fry the yellow chives and spring onions for 30 seconds, followed by the bean sprouts for 1 minute until crisp-tender.
5. The Dry-Fry: Add the noodles. Fry on high heat for 1 minute without moving them too much to allow for slight charring, then stir-fry for another minute.
6. Color & Flavor: Turn off the heat. Pour in the light and dark soy sauces. Turn the heat back on and toss vigorously until the noodles are evenly coated in a rich, mahogany color.
7. The Finish: Return the beef to the wok. Toss for a final 30 seconds to unify the dish. Season with salt to taste.



入廚迷思: 電磁爐冇火候, 河粉易沾底變「糊」, 炒唔出「鑊氣」?

Cooking Myth: Does induction lack power, making noodles stick and turn "mushy, and fail to produce "Wok Hei"?



Siemens 智感小貼士:

- 利用 Level 9 的強勁輸出, 能瞬間產生美拉德反應 (Maillard reaction), 這就是焦香「鑊氣」的來源。
- 拋鑊時, 極速離鍋感應 會偵測動態。當鍋具離開爐面, 能量輸出自動暫停; 放回瞬間, Level 9 火力 秒速恢復, 確保火力無縫銜接。

Siemens Tip:

- Level 9 provides the high-intensity heat needed to sear meat instantly, mimicking the traditional "Big Fire" of professional Chinese kitchens.
- If you like to toss your wok, the Quick-Start / Pot Detection ensures that the moment you place the wok back on the surface, the heat is restored instantly, maintaining the cooking rhythm.