* Chowmein
* 1lbs beef flank or sirloin steak
* 2 tbsp oyster sauce
* 5 tbsp soy sauce
* 4 tbsp stir fry oil or light olive oil
* 1 tbsp Chinese black bean sauce
* 1 tsp Chinese rice wine or equivalent
* 3/4 tbsp sugar or brown sugar for a darker taste
* 1/2 tbsp of sesmi oil
* 1 tsp corn starch combined with a tbsp of water
* 1/2 lbs fresh rice noodles
* baby sweet corn packet
* whole green peas
* thin sliced carrots
* 2 medium garlic cloves
1. Cut the steak across the grain into thin strips about a quarter inch thick.
2. In a flat bottom dish or plate combine the  soy sauce,  sugar, rice wine, sesame oil, and cornstarch. Marinate the steak in the mixture for 15 minutes or longer, you may also prepare this and let sit overnight however, 15 minutes is the recommended minimum.
3. Chop the garlic cloves fine, Chop the sweet corn and cut the cooked noodles into 1 inch strips.
4. Heat your wok then add two tablespoons oil, add the beef once the oil is hot and brown.
5. Add the black bean sauce and stir-fry the beef until it is browned and nearly cooked through then remove from your[wok](http://wokwoks.com/).
6. Clean the wok with a damp cloth and add two more tablespoons of oil.  Add the garlic once the oil is hot and fry until it is starting to brown slightly.
7. Next add the rice noodles to the garlic and oil then fry until browned stirring occasionally.
8. Pushing the noodles up to the sides of the wok to remove them from the direct heat.
9. Add an additional tablespoon of oil. When the oil is hot, add the baby corn, peas and carrot shavings and fry very briefly then combine the noodles in with the corn while stirring.
10. Once mixed the oyster sauce may be added and the beef can be placed back into the wok.
11. Bring up to an even heat and serve directly to the plate.