







BEEF AND BROCCOLI STIR FRY








Submitted by: Lisa Lotts, Garlic & Zest



FOR THE MARINADE/SAUCE

-  2 tablespoons soy sauce
-  1 tablespoon shaoxing wine or dry sherry
-  1 tablespoon water
-  1 ½ teaspoons honey
-  1 ½ teaspoons cornstarch
-  1 teaspoon sesame oil

FOR THE STIR FRY

-  ½ pound boneless beef steak (such as flank or sirloin) cut across the grain into thin strips
-  2 tablespoons vegetable or canola oil divided
-  2 teaspoons grated fresh ginger
-  2 cloves garlic minced
-  ¼ teaspoon crushed red pepper flakes
-  1 small stalk celery sliced into ¼" pieces on the diagonal
-  2 large stalks broccoli separated into bite sized florets
-  ½ red bell pepper cut into bite sized pieces
-  3 ounces shitake mushroom caps sliced
-  1 small carrot julienned or grated
-  3 green onions thinly sliced

INSTRUCTIONS

FOR THE MARINADE/SAUCE:

In a small bowl, combine the soy sauce, Shaoxing wine (or sherry), water, honey, cornstarch and toasted sesame oil. Whisk to combine.

Pour the marinade over the beef and toss to coat. Set aside to marinate for 20 minutes.

FOR THE STIR FRY:

Place a large wok or skillet over high heat and heat until very hot, but not smoking. Add one tablespoon of the vegetable oil and swirl around the pan. (The oil should slick across the pan and have a moiré effect when you look at it).

Add the garlic, ginger and red pepper flakes and stir constantly until very fragrant, about 20-30 seconds.

Add the beef and marinade to the pan and cook the beef until it browns, stirring occasionally, about 2-3 minutes. Transfer the beef and sauce to another dish and set aside.

Wipe out the skillet very well (I washed mine) and heat over high heat until the pan is very hot. Add the remaining tablespoon of vegetable oil. When the oil is hot and shimmery, add the celery, broccoli, bell pepper, mushrooms, carrots and green onions. Cook and stir until the vegetables are crisp tender, about 2-3 minutes.

Return the meat, sauce and any juices to the stir fry pan and cook together, stirring constantly for 30 seconds to a minute to heat through.

Serve with steamed white rice. Garnish with toasted sesame seeds and sliced green onions (if desired).



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