

P.F. Chang's Beef with Broccoli

YouTube Video link: [P.F. Chang's Beef with Broccoli Secrets Revealed](#)

Ingredients:

8 ounces (227 grams) broccoli florets, blanched

2 tsp. (10 ml) neutral oil (vegetable, canola, peanut)

1 tsp. (2.75 grams) dehydrated, minced garlic, reconstituted with water (see note below)

2 tsp. (6 grams) fresh ginger, minced

1 tbsp (2.8 grams) sliced scallions

5 tbsp (75 ml) Mongolian Sauce (page 3)

9 ounces (255 grams) prepared flank steak

Cornstarch slurry: 1 tsp. (2.66 grams) cornstarch + 2 tsp (10 ml) water, mix before using

1 tsp. (5 ml) toasted sesame oil

Directions:

1. Heat a large pot of water and bring to a boil. Add broccoli florets and blanch for 1-2 minutes or until tender, but still slightly crisp. Remove and shock in ice water to stop the cooking or drain and set the broccoli aside
2. Heat 1 tsp. neutral oil in a large wok over medium to medium-high heat
3. Add garlic, ginger, and sliced scallions and cook for 10-20 seconds or just until fragrant
4. Add the Mongolian sauce and bring up to a light simmer
5. Add prepared flank steak to the sauce and toss the beef in the sauce
6. Stir the cornstarch slurry to ensure it's not settled at the bottom and slowly drizzle the slurry over the beef
7. Stir everything together until the sauce is slightly thickened and clinging to the beef
8. Add the broccoli and toss together with the beef
9. Turn off the heat and drizzle in 1 tsp. toasted sesame oil
10. Toss everything together and serve

Note: P.F. Chang's uses dehydrated, minced garlic. You should be able to find this in the spice aisle at your local grocery store. To reconstitute, cover the amount of garlic needed with water for 20-30 minutes. Then strain, pressing out the extra water. Once reconstituted, the garlic can be used immediately or kept in the fridge for up to 1 week. Volume measurements are after rehydration.

P.F. Chang's Dark Sauce

Ingredients:

½ tsp. (2.5 grams) Knorr or Lee Kum Kee Asian chicken broth powder or Minor's chicken base

¼ cup (50 grams) sugar

¼ cup (60 ml) water

¼ cup + 2 tbsp. (90 ml) Lee Kum Kee low sodium soy sauce (green bottle) or Kikkoman soy sauce

1 tbsp. (15 ml) Lee Kum Kee mushroom dark soy sauce

1 tbsp (19 grams) Lee Kum Kee Panda brand oyster sauce (green bottle) or Lee Kum Kee premium oyster sauce (preferably)

2 tbsp (30 ml) Michiu rice cooking wine (preferably) or Shaoxing cooking wine

Directions:

1. Add chicken bouillon and sugar to a small pot with water
2. Bring to a light simmer and whisk until dry ingredients are dissolved
3. Remove from heat, add remaining ingredients, and whisk until dissolved
4. The sauce can be stored covered in the refrigerator for up to 1 month

Note: P.F. Chang's currently uses Lee Kum Kee low sodium soy sauce (green bottle), Lee Kum Kee mushroom sauce, and Lee Kum Kee Panda brand oyster sauce (green bottle). In the past, they used Kikkoman soy sauce. So, it's really up to you. I also recommend trying to track down Lee Kum Kee's premium oyster sauce because I believe it is superior to the green bottle.

P.F. Chang's Mongolian Sauce

Ingredients:

1 recipe (260 ml) P.F. Chang's Dark Sauce (approximately 1 cup + 2 tbsp. + 2 tsp)
5 tbsp (62.5 grams) white sugar

Directions:

1. Add dark sauce to a small pot and bring to a light simmer
2. Add sugar and whisk until dissolved
3. Remove Mongolian sauce from heat and cool before using
4. The sauce can be stored covered in the refrigerator for up to 1 month

Flank steak preparation:

9 oz. (255 grams) flank steak, sliced against the grain into roughly $\frac{1}{8}$ inch (3.25 mm) pieces

Alkaline Soy Meat Marinade:

Ingredients:

1 cup (240 ml) water

$\frac{1}{3}$ cup (80 ml) Lee Kum Kee low sodium soy sauce (green bottle) or Kikkoman soy sauce

$\frac{1}{2}$ tsp. (2.5 grams) baking soda

Directions:

1. Mix all ingredients and stir until the baking soda is dissolved. Set aside.

Meat brining directions:

1. Place 9 oz. (255 grams) of sliced flank steak in alkaline soy marinade for at least 2 hours or up to 24 hours
2. After brining, remove meat from the brine and pat dry with paper towels. (this step will help the velveting egg white mixture adhere to the meat better.)
3. Store in the fridge until ready to use

Note: P.F. Chang's brines their meat for 24 hours.

Egg white meat velveting:

Ingredients:

$\frac{1}{2}$ egg white

$\frac{1}{8}$ tsp. (.25 gram) white pepper

1 tbsp. (6 grams) potato starch (or corn starch), optional, but highly recommended

1 tsp. (5 ml) neutral oil

9 oz. (255 grams) brined flank steak, patted dry

Directions:

1. Add meat to a bowl along with $\frac{1}{2}$ egg white and $\frac{1}{8}$ tsp. white pepper.
2. Mix until thoroughly combined. Add potato starch or corn starch, if using, and mix until all the slices of meat are covered.
3. Mix in $\frac{1}{2}$ tsp. of neutral oil.
4. Refrigerate meat until ready to use.

Flank steak cooking instructions:

Ingredients:

9 oz. (255 grams) brined and velveting flank steak

Neutral frying oil (vegetable, canola, peanut, etc.)

Directions:

1. Heat oil to 350° F (175° C)
2. Add meat to oil, and immediately agitate so it doesn't clump together, and cook for 2 to 3 minutes, or until you notice the edges have browned.
3. Remove meat to a grate or paper-lined plate and allow to drain
4. Set aside until ready to use.