

Beef & Broccoli Stir-Fry

Ingredients:

For the stir-fry:

1 pound flank steak or sirloin, trimmed and sliced thinly across the grain
2-3 cups broccoli florets
2 tablespoons vegetable or canola oil
2 cloves garlic, minced
1/2 inch piece fresh ginger, peeled and minced
2-3 green onions, chopped w/ white and green parts separated
cornstarch slurry: 2 teaspoons cornstarch dissolved into 2 teaspoons water

For the marinade:

2 teaspoons soy sauce
2 teaspoons Chinese rice wine (also called "mirin," or dry sherry if you don't have mirin)
1 teaspoon cornstarch
1/4 teaspoon freshly ground black pepper

For the sauce:

3 tablespoons black bean sauce
1 teaspoon sesame oil
1 1/2 teaspoon Chinese rice wine
1 1/2 teaspoon soy sauce
1/2 to 1 teaspoon chili garlic sauce (or spicy sauce of your choice)
1/4 cup plus 2 tablespoons chicken broth

Directions:

Place the beef in the freezer for 20-30 minutes to make it easier to slice into thin strips.

Prep the non-meat ingredients: chop the vegetables; mince the garlic and ginger; prepare the cornstarch slurry; and mix up the marinade and sauce (in separate bowls.)

Place the sliced beef into the bowl with the marinade and set aside for 10-15 minutes.

Blanch the broccoli in a pot of salted, boiling water until barely tender -- about 1-2 minutes. Drain the broccoli, rinse it under cold water and set aside.

Heat a wok or large skillet over high heat, add the oil and swirl it around until the wok is coated and the oil is hot. Add the white parts of the green onion and cook for about a minute. Add the beef, spread it into a single layer and cook for 1-2 minutes. Add the garlic and ginger, toss the beef, and cook for another 1-2 minutes -- until the beef is no longer pink.

Add the sauce and blanched broccoli to the wok, stir it all together, then move the beef &

broccoli out to the sides, creating a well of sauce in the middle of the wok. Simmer the sauce until it begins to thicken -- 1-2 minutes. Stir the cornstarch slurry in with the sauce and cook for another 1-2 minutes.

Stir the beef & broccoli in with the sauce, garnish with the green parts of the green onions and serve over cooked rice.