

Broccoli Beef Stir Fry

Marinade:

1 Tb cornstarch
1 tsp sugar
2 Tb soy sauce
1 Tb water

Sauce:

2 Tb cornstarch
2 Tb oyster sauce
½ cup chicken stock

Stir Fry:

1 lb flank steak (or tri-tip), cut into 1/8" x 1 ½" slices
3-4 Tb peanut oil for stir frying
1 lb broccoli, cut into bite sized flowerets
1 clove garlic, minced (or 1 tsp minced garlic in a jar)
1 thin slice root ginger, minced (or 1 tsp minced in a jar)

Directions:

Blend cornstarch, sugar, soy sauce, and water in a bowl. Marinate thin slices of beef in this mixture. In another small bowl, stir cornstarch, oyster sauce, and chicken stock together for the sauce mixture. Set aside. Prepare broccoli. Check to make sure that you have: the sauce, marinated beef, garlic and ginger and oil next to your stove, ready to go. Add 2 tablespoons oil to the wok and turn temperature to high. When you start to see ripples in the oil add broccoli and stir fry broccoli for 1 minute. Add 3 tablespoons water to wok and cover to steam broccoli until just barely tender (3-4 minutes). Reduce heat to prevent scorching, stir frequently. Remove broccoli and set aside. Add 2 more Tb of oil plus garlic, and ginger to the wok, turn the heat up again and stir fry until fragrant, less than a minute. Add marinated steak, stir frying until meat is browned on the outside. Push meat up the sides of the wok so that all meat is touching the cooking surface. When meat is evenly browned, add sauce gradually, stirring and scraping the bottom of the wok until the sauce thickens and bubbles. Return broccoli and stir gently to combine. Serve immediately with steamed rice.

Serves 4-6

