

MONGOLIAN BEEF & BROCCOLI

The Cooks Next Door

2 tsp. vegetable oil
1/2 tsp. fresh ginger, minced
1 Tb. garlic, chopped
1/2 c. soy sauce
1/2 c. water
1/4-1/2 c. dark brown sugar
vegetable oil, for frying
1 lb. flank steak
1/4 c. cornstarch
1 lg head of broccoli florets
2 large green onions

Make the sauce by heating 2 tsp of vegetable oil in a medium saucepan over med/low heat. Don't get the oil too hot. Add ginger and garlic to the pan; add the soy sauce and water before the garlic scorches. Dissolve the brown sugar in the sauce, then raise the heat to about medium and boil the sauce for 2-3 minutes or until the sauce thickens. Remove it from the heat.

Slice the flank steak against the grain into 1/4" thick bite-size slices. Tilt the blade of your knife at about a forty five degree angle to the top of the steak so that you get wider cuts. Dip the steak pieces into the cornstarch to apply a very thin dusting to both sides of each piece of beef. Let the beef sit for about 10 minutes so that the cornstarch sticks. As the beef sits, heat up one cup of oil in a wok. Heat the oil over medium heat until it's nice and hot, but not smoking.

Add the beef to the oil and sauté for just two minutes, or until the beef just begins to darken on the edges. After a couple minutes, use a large slotted spoon to take the meat out and onto paper towels, then add the broccoli and saute until tender crisp (about 3 min.). Remove broccoli and pour out excess oil. Then add the meat and broccoli back into the wok and simmer for about one minute. Add the sauce, cook for one minute while stirring, then add all the green onions. Cook for one more minute. Serve over rice.