

Stir-Fried Beef & Vegetables

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Marinating the Beef

- 8 oz flank or beef tenderloin
- 1 tsp garlic (1 to 3 cloves)
- 1 tbsp ginger
- 1 tbsp soy sauce
- 1 1/2 tbsp Shao Hsing rice wine (or dry sherry)
- 2 tsp cornstarch
- 3/4 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1/2 tsp granulated sugar
- 1 tsp sesame oil

Slice the flank or tenderloin into thin, bite-sized pieces and place into a bowl.

Mince the ginger and garlic. Add to the beef along with the soy, rice wine, salt, pepper, sugar and cornstarch. Stir to evenly combine. Add the sesame oil and stir again. Cover and set aside.

Step 2: Preparing the Rest of Your Mise en Place

- 4 large carrots (1 1/2 cups)
- 3 dry, whole red chilies
- 1 cup onions
- 1 cup long beans*
- 2 green onions

To prepare the carrots, peel and cut into enough batonnets to measure 1 1/2 cups (refer to the drill-down on Size of Knife Cuts for more information).

Slice the onions and cut the long beans into 2" -inch pieces. *Note: Chinese long beans are also referred to as "snake beans". If you cannot find these, you can substitute with green beans.

Shred the green onions and cut into 2" -inch pieces. Snip the tail end of the dried chili to split it partially in half. Set everything aside.

Step 3: Preparing the Sauce

- 4 tbsp oyster sauce
- 2 tbsp Shao Hsing rice wine (or dry sherry)
- 4 tsp soy sauce

To prepare the sauce, combine the ingredients into a bowl and set aside.

Step 4: Stir-Frying the Dish

- 1 to 2 tbsp peanut oil
- sambal oelek (optional)

To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat. Once hot, cook the stir-fry according to the basic steps in the lesson. Keep in mind that vegetables should be added in the correct order so that they are all done at the same time.

Cook beef — remove from wok — add dried chilies — add onions — add carrots — add long beans — return beef to wok — add enough sauce just to coat. Any leftover sauce can be stored for the next stir-fry. Sprinkle with shredded onions. Serve immediately with sambal oelek, if desired.