



Beef & Broccoli

SERVINGS: 4

TOTAL COOKING TIME: 30 MIN

Ingredients

1 pound broccoli florets or crowns
(slice peeled stems--so delicious!)
1 Tbsp soy sauce
1 Tbsp sugar
1 tsp minced garlic**
1 tsp grated (fresh) ginger**
2 scallions, thinly sliced
1 tsp sesame oil
2 tsp cornstarch, divided
1 tsp baking soda
1 pound flank steak (or sirloin,
whatever you have)
1/2 cup beef or chicken stock
2 tsp rice wine (sherry works too)
1/4 cup oyster sauce
2 Tbsp vegetable oil

**keep minced garlic and tube ginger in the fridge, its serves as well for fresh in these preparations without the work or waste.

**frozen veggies can do in a pinch, but instead of cooking them, thaw in a sieve under hot tap water. This helps avoid over-mushy veggies.

Directions

1. Microwave fresh broccoli in a microwave-safe bowl covered with plastic wrap, (poke holes for ventilation,) for 1-2 minutes. (**Frozen will work, but just toss them in the finished product.)
2. Slice the beef against the grain into 1/4 " thick strips and rub well with sugar.
3. In a small bowl, whisk together the soy sauce, garlic, ginger, baking soda and 1 tsp cornstarch. Add scallions, and beef to your marinade and let it sit for at least 20 minutes, then add the sesame oil and mix well. (This can sit up to overnight in the refrigerator.)
4. In a separate small bowl, stir together the stock, rice wine, oyster sauce and remaining 1 tsp cornstarch until the cornstarch is fully dissolved.
5. Heat a wok or large skillet on high heat and add the oil. When a wisp of white smoke appears, toss the marinated beef and garlic into the pan. Cook for about 1 minutes, continually moving the beef so it browns on all sides, but is still rare. Once the beef is seared, add the broccoli and cook for an additional minute.
6. Stir in the sauce and keep it all moving. scrape up any stuck bits off the bottom of the pan before they start to burn. Throw in a splash of sherry if you need to deglaze. Once the sauce has turned into a nice thick glaze, about 1 minutes, garnish with toasted sesame seeds and serve.

This is my adaption of Jet Tila's Beef and Broccoli Food Network recipe: <https://www.foodnetwork.com/recipes/beef-and-broccoli-3872568>