

Mongolian Beef

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INGREDIENTS:

- 2 cups plus 4 teaspoons Vegetable Oil.....○
- 1 teaspoon Ginger, minced.....○
- 2 tablespoons Garlic, chopped.....○
- 1 cup Light Soy Sauce.....○
- 1 cup Water.....○
- 1 ½ cup Dark Brown Sugar.....○
- 2 pounds Flank Steak.....○
- ½ cup Cornstarch.....○
- 4 Green Onions tops.....○

PREPARATION:

- Make the sauce by heating 4 teaspoons 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 and quickly add the Soy Sauce and Water before the Garlic scorches.
- Dissolve the Brown Sugar in the sauce. Raise the heat to about medium and boil the sauce for 5-7 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.
- 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 two cups of Vegetable Oil in a skillet. Heat the oil over medium heat until it's nice and hot, but not smoking.
- Add the beef to the oil and sauté for 3 to 5 minutes, or until the beef just begins to darken on the edges. You don't need a thorough cooking here since the beef is going to go back on the heat later.
- Stir the meat around a little so that it cooks evenly. After a couple minutes, use a large slotted spoon to take the meat out and onto paper towels. Pour the Vegetable Oil out of the skillet.
- Put the skillet back over the heat, dump the meat back into it and simmer for one minute. Add the sauce, cook for one minute while stirring. Add all the Green Onions. Cook for one additional minute. Remove the beef and onions with tongs or a slotted spoon to a serving plate. Leave the excess sauce behind in the pan.

SERVES 6 to 8.