

Mongolian Beef
Asian Theme- Main Dish
Serves 8

INGREDIENTS

2-2 ½ pounds flank steak
½ cup + 2 tablespoons cornstarch
½ cup + 4 tablespoons vegetable oil
3 tablespoons minced garlic
3 teaspoons minced ginger
1 cup low sodium soy sauce
1 cup of water
¾ cup packed dark brown sugar
1-teaspoon red pepper flakes
2 bunches of scallions (green onions)– sliced into 1-inch pieces

DIRECTIONS

Slice the flank steak against the grain into 1/4" pieces, then toss it with the cornstarch. Allow the steak to sit for 10 minutes while making the sauce.

Heat 4 tablespoons vegetable oil in a medium saucepan over medium heat. Add the garlic and ginger and sauté until golden, about 2 minutes. Add the soy sauce and the water, stirring to combine. Stir in the brown sugar and increase the heat to medium. Bring the sauce to a boil for 3 minutes. Remove the sauce from the heat and set aside.

Line a plate with paper towels

Place a large skillet or wok over medium heat and add ½ cup of vegetable oil. Once the oil is hot (but not smoking) add the beef to the pan and sauté until it is seared on all sides but barely cooked in the center, about 2 minutes. Remove the steak from the skillet with a slotted spoon and transfer it onto the paper towel lined plate. Pour any excess oil out of the pan.

Place the skillet back over medium heat. Add the prepared sauce, the steak and the red pepper flakes to the hot pan and bring to a boil, stirring constantly until the sauce has thickened to the consistency of syrup, 3-5 minutes. Add the sliced scallions (green onions) immediately before serving.

Serve beef over cooked rice, enough for 8-10 servings.