

House on Kahl Road Cookbook Recipe

Beef and Broccoli with Garlic Sauce

1	pound beef steak	2	tablespoons vegetable oil
1	tablespoon vegetable oil	1	tablespoon vegetable oil
1/2	teaspoon salt dash white pepper	1	tablespoon garlic, finely chopped
1	pound broccoli, chopped	1	teaspoon ginger root, finely chopped
1	teaspoon cornstarch 1 tsp sesame oil	2	teaspoons black bean sauce
1/4	cups chicken broth	1	cups sliced canned bamboo shoots

1. Slice beef lengthwise into 2-inch wide strips, then cut each strip crosswise (against the grain) into 1/8-inch slices.
2. Toss the beef, 1 tablespoon vegetable oil, salt and the white pepper in a bowl.
3. Cover and refrigerate for 30 minutes.
4. Remove the flowerets from broccoli and cut stems diagonally into thin slices.
5. Place the broccoli stems in boiling water; heat to boiling.
6. Cover and cook for 2 minutes, then remove and drain. Immediately rinse in cold water and drain again.
7. Mix cornstarch, sesame oil and broth together.
8. Heat wok until very hot. Add 2 tablespoons of vegetable oil and rotate the wok to coat bottom.
9. Add beef and stir-fry for 2 minutes or until the beef is brown.
10. Remove beef from the wok.
11. Heat the wok until very hot again. Add 1 tablespoon of vegetable oil and rotate the wok to coat bottom. Add garlic, ginger root, and black bean sauce; stir-fry for 30 seconds.
12. Toss in the bamboo shoots and stir-fry for another 1 minute.
13. Toss in the beef and broccoli.
14. Stir in cornstarch mixture;
15. Cook and stir until thickened.

