

Tante Marie's Cooking School

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Beef and Broccoli with Oyster Sauce

also good with lamb tenderloin

- 1lb flank steak, sliced across the grain (1/4 x 3 inches)
- 2 cups small broccoli florets
- 2 cloves garlic
- 2 1/4 inch slices ginger, smashed with the side of a knife
- 1 tablespoon Chinese rice wine
- 1 small yellow onion, 1 inch dice

Marinade

- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- 1/8 teaspoon baking soda
- 2 tablespoons cold water

- no more than 2 hours b/c the baking soda makes the meat gummy

Sauce

- 2 tablespoons cold water
- 2 tablespoons oyster sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon light soy sauce
- 1 teaspoon peanut oil
- 1 teaspoon cornstarch
- 1/2 teaspoon sugar
- 1/8 teaspoon white pepper

vegetable oil for stir frying

In a bowl, combine the marinade ingredients with the sliced beef and marinate for 30 minutes. While the beef is marinating, combine the ingredients for the sauce in a bowl.

Meanwhile, bring a pot of water to a boil and blanch the broccoli florets until just done, about 4 to 5 minutes, drain and rinse in cold water, set aside.

Heat a wok or large sauté pan over high heat with 2 tablespoons of oil until near smoking. Pat the marinated meat dry and stir-fry the beef until the meat just turns opaque. Quickly transfer the beef to a strainer and let drain.

Wipe out the wok with paper towels, and reheat over high heat. Add 1 tablespoon of oil and sauté the garlic cloves and ginger slices until golden brown. Discard the garlic and ginger and then stir fry the diced onions until just tender, about 5 minutes. Deglaze the pan with 1 tablespoon of rice wine. Once the wine evaporates, pour the sauce ingredients into the wok and bring to a boil. Immediately add the beef and blanched broccoli and sauté until the sauce thickens and the beef is heated through, about 3 minutes.

Makes 4 to 6 servings