

Title:

Chinese Recipe of Beef With Broccoli

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Summary:

Beef With Broccoli is a classic when it comes to chinese cooking. It makes a perfect plate for almost all occasions.

Keywords:

healthy chinese recipes, chinese recipes, chinese food recipes, easy chinese recipes, simple chinese pork recipes

Article Body:

Beef With Broccoli is a classic when it comes to chinese cooking. It makes a perfect plate for almost all occasions.

Ingredients:

3/4 lb (375 g) lean beef, sliced thinly into bite-sized pieces

Marinade for Beef:

1 egg

1/3 tsp (1.5 mL) salt

1 Tbsp (15 mL) cooking wine

1 Tbsp (15 mL) cornstarch (corn flour)

2 Tbsp water

1 1/2 Tbsp (20 mL) oil

1 1/2 lb (750 g) broccoli, flowerets removed, slice on the diagonal into thin slices

1 cup (250 mL) cooking oil

2 1/2 Tbsp (30 mL) oyster sauce

2 Tbsp (25 mL) light soy sauce

3/4 Tbsp (10 mL) dark soy sauce

1 Tbsp (15 mL) sugar

a few drops of sesame oil

2 cloves garlic, crushed

1/2 cup (125 mL) chicken broth
2 Tbsp cornstarch (if desired)

Directions:

Slice beef and mix together marinade ingredients. Add marinade to beef and marinate for thirty minutes. Add 1 1/2 tablespoons of oil to beef, mix in thoroughly, and marinate beef for another thirty minutes. While beef is marinating, prepare the vegetables.

Heat wok and add 1 cup of oil. When oil is ready, add beef and stir-fry until it is nearly cooked. Remove beef and set aside on a plate. Drain the wok and wipe clean with a paper towel.

Add 1/2 cup water to wok. Bring the water to a boil and add the broccoli. Cover and cook until broccoli is cooked through. Drain the wok.

Heat wok and add oil (about 2 tablespoons). Add the garlic and stir-fry for about 1 minute. Add vegetables and beef and mix together. Make a well in the middle of the wok and add the sauce ingredients. Add cornstarch, stirring to thicken. Mix sauce together with other ingredients. Serve hot. Serves 3 to 4