



From the Culinary Company Kitchen

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Stir-Fried Beef with Green Beans and Carrots

Yield: 6 portions

INGREDIENTS	AMOUNTS
Flank Steak	1 lb
Green Beans, cut to 1" lengths	1 lb
Carrots, julienne	1 lb
Marinade for Beef	
Soy Sauce	2 Tbsp
Brown Sugar	1 tsp
Cornstarch	1 Tbsp
Peanut Oil	1 Tbsp
Sauce	
Soy Sauce	1 Tbsp
Rice Wine	2 Tbsp
Brown Sugar	1 Tbsp
Hoisin Sauce	1 Tbsp
Sesame Oil	1 tsp
Peanut Oil	3 oz
Aromatics	
Ginger, Minced	1 Tbsp
Red Chili Flakes	1 Tbsp
Sesame Oil (Optional)	2 tsp

Process

1. Slice the flank steak against the grain into long strips 1/8 in thick x 1/2 in wide x 1 1/2 in long
2. Make marinade by mixing the soy sauce, sugar, cornstarch and oil. Add beef and marinade to bag, toss well to coat and marinate for at least 1 hour
3. Blanch the carrots and beans separately in salted water, shock and reserve
4. Combine the sauce ingredients in a small container and reserve for later use

5. In a wok, stir-fry the aromatics until aromatic. Add the beef and stir-fry until cooked through. Remove the beef and reserve. Add sauce and bring to a boil. Thicken with cornstarch slurry until nappe, if needed.
6. Add the carrots and beans and stir-fry until warmed through, add beef back, but do not bring sauce back to a boil
7. Finish dish with small amount of sesame oil, if desired