

## Recipe: Stir-Fried Beef and Broccoli

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This recipe comes from Grace Young, author of “Stir Frying to the Sky’s Edge.” It originally appeared on “Living Today” on Wednesday, January 19, 2011.

### Ingredients

Serves 2 to 3 as a main dish or 4 as part of a multicourse meal

- .....
- 12 ounces lean flank steak
- .....
- 1 tablespoon minced ginger
- .....
- 2 teaspoons soy sauce
- .....
- 2 teaspoons plus 1 tablespoon Shao Hsing rice wine or dry sherry
- .....
- 1½ teaspoons cornstarch
- .....
- ½ teaspoon salt
- .....
- ⅛ teaspoon freshly ground pepper
- .....
- 1 teaspoon sesame oil
- .....
- 2 tablespoons chicken broth
- .....
- 2 tablespoons oyster sauce
- .....
- 2 teaspoons dark soy sauce
- .....
- 12 ounces broccoli florets and stems, cut into
- .....
- ¼-inch-thick slices (about 5 cups)
- .....
- 2 tablespoons peanut or vegetable oil
- .....
- 1 tablespoon minced garlic
- .....
- 1 tablespoon fermented black beans, rinsed and mashed
- .....
- ¾ cup thinly sliced onions
- .....

### Directions

1. Cut the beef with the grain into 2-inch-wide strips. Cut each strip across the grain into ¼-inch-thick slices. In a medium bowl combine the beef, ginger, soy sauce, 2 teaspoons of the rice wine, cornstarch, salt, and pepper. Stir to combine. Stir in the sesame oil. In a small bowl combine the chicken broth, oyster sauce, dark soy sauce, and the remaining 1 tablespoon rice wine.
2. In a 1½-quart saucepan, bring 1 quart water to a boil over high heat. Add the broccoli and cook, stirring 1 minute or until the broccoli is bright green and the water almost returns to a boil. Drain in a colander, shaking out excess water.
3. Heat a 14-inch flat-bottomed wok or 12-inch skillet over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon of the peanut oil, add the garlic and black beans, then, using a metal spatula, stir-fry 10 seconds or until the aromatics are fragrant. Push the garlic mixture to the sides of the wok, carefully add the beef, and spread it evenly in one layer in the wok. Cook undisturbed 1 minute, letting the beef begin to sear. Then stir-fry 1 minute, or until the beef is lightly browned but not cooked through. Transfer the beef to a plate.



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4. Swirl the remaining 1 tablespoon peanut oil into the wok, add the onions, and stir-fry about 30 seconds or
5. until the onions are just translucent. Add the broccoli and stir-fry 15 seconds or until just combined with the onions. Return the beef with any juices that have accumulated to the wok. Swirl the oyster sauce mixture into the wok and stir-fry about 30 seconds or until the beef is just cooked through.

