CHINESE

Beef and Broccoli

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**20 min + 15 min marinating**	**12 min**	**Stir-fry**	**Top sirloin**

Ingredients

- 450 g (1 lb) top sirloin, sliced 3 mm (⅛ in) thin across the grain
- 450 g (1 lb) broccoli, cut into small florets
- 3 cloves garlic, sliced
- 1 tbsp grated fresh ginger
- 3 tbsp vegetable oil
- 1 tbsp Shaoxing wine (or dry sherry)
- Steamed rice, to serve

MARINADE

- 1 tbsp soy sauce

MARINADE (CONT.)

- 1 tbsp cornstarch
- 1 tsp sesame oil
- ½ tsp baking soda

SAUCE

- 80 ml (⅓ cup) beef stock
- 2 tbsp oyster sauce
- 1 tbsp soy sauce
- 1 tsp sugar
- 2 tsp cornstarch

Steps

1. Toss the beef with the marinade ingredients and leave for 15 minutes. This light coating is a simple velveting that keeps the slices tender.
2. Whisk the sauce ingredients together in a small bowl.
3. Blanch the broccoli in boiling salted water for 1 minute until bright green, then drain well.
4. Heat a wok or large skillet over high heat until it just begins to smoke. Add 1½ tbsp oil, then spread half the beef in one layer and cook 1 minute without moving, until browned underneath. Flip, cook 30 seconds more, and remove. Repeat with the rest.
5. Reduce the heat to medium-high, add the remaining oil, garlic and ginger, and stir-fry for 15 seconds until fragrant.
6. Add the broccoli and wine, and toss for 1 minute.
7. Return the beef, stir the sauce, and pour it in. Toss for about 1 minute until the sauce turns glossy and coats everything.
8. Serve right away over steamed rice.

Notes

- **Slicing tip:** freeze the beef for 20 minutes first; it slices much thinner.
- **Other cuts:** flank steak or flat iron slice and cook the same way.
- **Extra veg:** add sliced carrot or mushrooms with the broccoli.
- **Make ahead:** slice the beef and cut the broccoli up to a day ahead and keep chilled; marinate just 15 minutes before cooking.

- **Shortcut:** buy ready-cut broccoli florets and jarred minced ginger and garlic.
- **Chef's touch:** add a few drops of toasted sesame oil off the heat; its aroma fades if cooked.