

MANDARIN BEEF

Prepared by: Mark & Rhonda O'Dell, March 2017

Source: Betty Crocker's Chinese Cookbook by Leann Chin

Makes: 2-3 Servings

1 pound beef boneless round or sirloin steak
1 tablespoon vegetable oil
2 teaspoons cornstarch
1 teaspoon salt
1 teaspoon soy sauce (light or dark)
½ teaspoon sugar
¼ teaspoon white pepper
2 green onions (with tops)
1 large green pepper

¼ cup vegetable oil
1 teaspoon finely chopped gingerroot
1 teaspoon finely chopped garlic
¾ cup shredded carrot
1 to 2 teaspoons chili paste
1 tablespoon dark soy sauce

Trim fat from beef; shred beef. Toss beef, 1 tablespoon vegetable oil, the cornstarch, salt 1 teaspoon soy sauce, the sugar and white pepper in a glass or plastic bowl. Cover and refrigerate 30 minutes. Cut green onions into 2-inch pieces. Cut green pepper into 1/8-inch strips.

Heat wok until 1 or 2 drops of water bubble and skitter when sprinkled in wok. Add ¼ cup vegetable oil; rotate wok to coat side. Add beef, gingerroot and garlic; stir-fry until beef is brown, about 3 minutes. Add green pepper, carrot and chili paste; stir-fry 1 minute. Stir in green onions and 1 tablespoon soy sauce; cook and stir 30 seconds.

