

Beef and Broccoli

Our two young women are learning their way around the kitchen and tend to be more adventurous than some of us that are set in our ways. As a result, we are discovering new recipes that the whole family enjoys and are willing to cook. This is Aunt Kati's version of beef and broccoli adapted from the younger generation. If you can't find Bachan's Japanese Barbeque Sauce, you can use soy sauce. Another advantage of this recipe is the use of flank steak. It is well known as a great cut for fajitas, but now we have another use for it.

Ingredients

1 ½ pounds broccoli
salt
3 pounds flank steak
1 teaspoon baking soda

Beef Marinade

2 tablespoons cornstarch
2 ½ tablespoons vegetable oil
1 ½ tablespoons oyster sauce

Beef Seasoning

garlic, granulated
ginger, granulated or freshly grated
salt
white pepper

Sauce

2 ²/₃ chicken stock
2 tablespoons brown sugar
½ cup Bachan's Japanese Barbeque Sauce
¼ cup oyster sauce
2 teaspoons sesame oil
½ teaspoon white pepper

Cornstarch Slurry

½ - ¾ cup cornstarch
¾ - 1 cup water

Remainder

vegetable oil
8 cloves garlic, minced
1 teaspoon ginger, granulated
¼ cup cooking wine



Instructions

- ❖ Using a steamer pot, steam your broccoli about 2 minutes or until desired tenderness.
- ❖ Drain then place in a 9x13.
- ❖ Spread out evenly, then lightly salt.
- ❖ Slice your flank across the grain into thin strips.
- ❖ In a bowl add the flank steak and baking soda. Massage the beef until the baking soda is absorbed by the meat.
- ❖ Mix the marinade ingredients. Then pour over the meat. Let rest for at least 30 minutes.
- ❖ Heat pan with vegetable oil over high heat and sear beef strips just until browned on the outside.
- ❖ Remove beef from the heat and spread evenly over the broccoli in the 9x13. Season the meat with garlic, ginger, salt, and white pepper.
- ❖ Mix the ingredients for the sauce so it is ready to pour into the hot pan.
- ❖ Make a cornstarch slurry and set aside to thicken your sauce.
- ❖ In the same pan you cooked the beef, brown the garlic and ginger on medium high heat, then add the wine. (You may need to add more vegetable oil before browning the garlic and ginger.)
- ❖ Now add the prepared sauce and bring to a simmer.
- ❖ Slowly add the cornstarch slurry a bit at a time until it is the consistency you want. You may not use all of it, or you may need to make more.
- ❖ Once the sauce is the desired consistency, drizzle over your beef and broccoli and lightly toss.
- ❖ Serve with rice, rice noodles, and/or stir-fried rice for a full meal.


Nana's Kitchen
Made With Love and Purpose

"O taste and see that the LORD is good:
blessed is the man that trusteth in him."
Psalm 34:8