

Beef and Broccoli with Oyster Sauce Recipe

(Chinese Recipes - Beef and Broccoli with Oyster Sauce)

Ingredients: Serves 4-6

1 lb (500 g) flank steak
1 tablespoon cornstarch (corn flour)
¼ teaspoon each salt and sugar
⅛ teaspoon baking soda (bicarbonate of soda)
2 cups (4 oz/125 g) small broccoli florets
3 tablespoons peanut oil
2 cloves garlic, peeled
2 slices fresh ginger, smashed with the side of a knife
1 small yellow onion, cut into 1-inch (2.5cm) dice
1 tablespoon Chinese rice wine

For the sauce:

2 tablespoons oyster sauce
1 tablespoon each dark soy sauce and light soy sauce
1 teaspoon peanut oil
1 teaspoon corn starch
½ teaspoon sugar
⅛ teaspoon white pepper

Method:

Cut the steaks across the grain into strips 3 inches (7.5 cm) long and ¼ inch (6 mm) thick. In a bowl, stir together the cornstarch, salt, sugar, baking soda, and 2 tablespoons water. Add the beef and stir until well mixed. Let stand at room temperature for 30 minutes. Meanwhile, make the sauce. In a bowl, combine the oyster sauce, dark and light soy sauce, peanut oil, cornstarch, sugar, white pepper and 2 tablespoons water. Set aside. Bring a saucepan three-fourths full of water to a boil, add the broccoli florets and blanch until just tender, 3-4 minutes. Drain, rinse under running cold water until cool, and then drain again. Set aside. Remove the beef from the bowl and pat dry with paper towels. In a wok or large, deep saute pan over high heat, heat 2 tablespoons of the peanut oil until very hot. Add the beef and stir-fry until it just turns opaque, about 3-4 minutes. Using a slotted spoon, quickly transfer the beef to a sieve placed over a bowl to drain. Wipe out the pan with paper towels, and reheat over high heat. Add the remaining 1 tablespoon oil and heat until very hot. Add the garlic and ginger and stir-fry just until golden brown, 15-20 seconds. Using the slotted spoon, lift out the garlic and ginger and discard. Add the onion to the pan and stir-fry until just tender, about 5 minutes. Pour in the rice wine and deglaze the pan, stirring to dislodge any browned bits from the bottom. When the wine has evaporated, add the sauce, stir, and bring to a boil. Immediately add the beef and broccoli and stir-fry until the sauce thickens and the beef is heated through, about 3 minutes. Transfer the beef and broccoli to a warmed bowl and serve.