

Cantonese Ground Beef Rice and Eggs

Ingredients

1 lb Ground Beef	2 c Chicken Broth
2 T Oyster Sauce	2 T Rice Wine
2 T Soy Sauce	1 t Dark Soy Sauce
1/8 t White Pepper	1 T Vegetable Oil
1 Yellow Onion	2 t Ginger (grated)
2 T Cornstarch	1 c Peas (frozen)
1 t Sesame Oil	5 Eggs
1/4 c Water	2 Green Onions (chopped)
0 ds Salt	0 ds Ground Black Pepper
0 ds Garlic Powder	

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Instructions

1.Mix chicken broth, oyster sauce, rice wine, soy sauce, dark soy sauce, sesame oil and white pepper in a bowl.

2.Heat the vegetable oil in a large pan over medium heat until hot. Add the ground beef and spread it with your spatula. Let it cook without touching until the bottom is browned. Break up the beef into smaller bits.

3.Add the onions and ginger. Cook and stir occasionally, until onion turns tender and the edges are lightly browned, 5 minutes or so. Pour in the sauce. Stir to mix well. Cover and simmer for 10 minutes. Your pan should still have some sauce left, just enough to cover the beef. If not, you can gradually stir in more broth.

4.Meanwhile, whisk the cornstarch with 1/4 cup of water in a small bowl. Once the beef is cooked, add the frozen peas. Stir the cornstarch slurry again to dissolve the powder completely, and pour the slurry into the pot. Stir to mix well and let simmer.

5.Add all the eggs into a medium bowl and beat until fluffy. Season with a dash of salt, pepper, and garlic powder. The broth should thicken and will be able to coat the back of a spoon.

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6. Add bowl of eggs in the middle of the pan and cook for 15 seconds. Stir to make ribbons then stir well. Sprinkle green onions on top and stir. Ladle to transfer the beef with egg and some sauce onto a bowl of rice. Serve hot as a main dish.