

# Beef and Broccoli

## Ingredients

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1 lb Flank Steak (sliced)  
3 T Soy Sauce  
2 T Vegetable Oil  
2 T Cornstarch  
1/2 t Baking Soda  
1/2 c Chicken Broth  
2 T Rice Wine  
1 t Dark Soy Sauce  
2 t Brown Sugar  
4 1/2 c Broccoli  
3 clv Garlic (minced)  
2 t Ginger (grated)  
1/4 c Water

## Instructions

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1. Slice the beef against the grain into 1/4 inch thick slices. Transfer to a small bowl. Add 1 tablespoon soy sauce, 1 tablespoon oil, 1/2 teaspoon baking soda, and 1 tablespoon cornstarch. Gently mix well until all the slices are coated with a thin layer of sauce. Marinate for 30 minutes while preparing the other ingredients.

2. Combine chicken broth, rice wine, 2 tablespoons soy sauce, dark soy sauce, brown sugar, and 1 tablespoon cornstarch in a medium-sized bowl. Mix well.

3. Add water into a large nonstick skillet over medium-high heat until the water begins to boil. Add the broccoli and cover. Steam until the broccoli just turns tender and the water evaporates, 1 minute or so. Transfer broccoli to a

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plate.

4. Add 1 tablespoon oil and swirl to coat the bottom. Spread the steak in a single layer. Allow to cook without touching for 30 seconds, or until the bottom side is browned. Flip to cook the other side for a few seconds. Stir and cook until the surface is lightly charred and the inside is still pink.

5. Add the garlic and ginger. Stir a few times to release the flavor and fragrance. Return the broccoli to the pan. Stir the sauce again to dissolve the cornstarch completely and pour it into the skillet. Cook and stir until the sauce thickens, about 1 minute. Transfer everything to a plate immediately. Serve hot as a main dish.