

Velveting Beef

Ingredients

1 lb Beef (economic cut, thinly sliced)
1 t Baking Soda
1/4 c Water

Instructions

Add baking soda and water to the sliced beef and massage with hands until most of the liquid is absorbed. Let stand 1-2 hours. Rinse the beef thoroughly under running water until the water runs clear. Drain well then dry well and use in your recipe. An alternative method is to add 1/4 teaspoon baking soda and 3 tablespoons of water to the beef. Mix, then add any marinating ingredients and let it sit for 30 minutes, up to overnight then cook as usual.