

CHINESE BEEF & VEGETABLES

Equipment:

Measuring Spoons

Measuring Cup

1 Qt. Glass or Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Fine mesh strainer

Ingredients:

1 lb. beef round steak 500 g

1 tbsp oil 15 ml

1 tsp grated ginger 5ml

1 clove garlic, crushed 1

1/2 cup beef stock 125 ml

1 tbsp soy sauce 15 ml

2 tbsp Hoi Sin sauce 25 ml

2 tbsp cornstarch 25 ml

10 oz. package frozen 375 ml

mixed vegetables

(broccoli, snowpeas,

cauliflower, onions,

mushrooms, etc.)

Procedure:

1. Slice beef thinly.
2. Meat will slice easily if partially frozen.
3. Combine oil, ginger and garlic in a 1.5-quart (1.5 L) casserole dish.
4. Cook at **P7** 1 minute.
5. Combine beef stock, soy sauce, Hoi Sin sauce, and cornstarch and add to casserole.
6. Cook at **P7** 1 1/2 minutes.
7. Stir in meat, cover and cook at **P4** 4 minutes.
8. Add vegetables and cook at **P4** 6 - 8 minutes; stirring occasionally.
9. Let stand 3 minutes. Serve with rice.

Chefs Tip:

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.