

October 30, 2015

**Recipe: Ginger Beef Stir-Fry**

Marinated Stir-fried Strips of Beef in a Ginger-Soy Sauce

Servings: 4

- 1 1/2 pounds beef, top sirloin
- 2 green onions, chopped
- 2 tablespoons ginger root, minced
- 1 tablespoon sesame seeds, toasted
- 6 tablespoons soy sauce
- 2 tablespoons sugar
- 2 tablespoons sesame oil, dark
- 2 cloves garlic, minced
- 1/8 teaspoon black pepper
- 3 tablespoons peanut oil



Grind sesame seeds using a mortar and pestle, a spice or “coffee” grinder, or small food processor. Slice the beef into thin “stir-fry” strips.

Marinade: Mix together the ground toasted sesame seeds, chopped green onions, ginger root, soy sauce, sugar, sesame oil, garlic, and black pepper.

Add the beef strips and marinate at least 30 minutes at room temperature or 1- 1 1/2 hours in the refrigerator. Bring beef and marinate back to room temperature before proceeding.

Heat a large saute pan or wok over medium-high heat. When pan is hot, add 1/3 of the peanut oil and 1/3 of the beef strips and saute briefly. Remove the beef strips. Drain the excess marinade and continue to cook the remaining beef in the peanut oil in two more batches (removing the excess marinade each time).

Serving Suggestions:

White Rice /Stir-fry Vegetables / Udon, Ramen or Soba Noodles / Sesame Broccoli