



Beef Broccoli Stir Fry

1½ pounds flank steak, cut into long, thin strips
3 heads broccoli, separated into florets
1/3-cup oyster sauce
1 teaspoon sugar
2 tablespoons dry white wine
2 teaspoons freshly grated ginger
6 scallions, white and light green parts sliced
3 large garlic cloves, minced
2 tablespoons sesame seeds
2½ tablespoons peanut oil
2 tablespoons soy sauce
3 tablespoons corn starch

- Heat a wok or skillet until very hot.
- In a bowl, mix the oyster sauce, sugar and wine. Whisk well.
- In another bowl, mix together the beef, cornstarch and soy sauce.
- Pour the peanut oil into the wok.
- Add the garlic, ginger and scallions. Cook for two minutes stirring frequently.
- Add the beef and the broccoli. Separate with tongs.
- Cook for 4 minutes, stirring frequently, until beef is browned and broccoli is a dark green.
- Add the oyster sauce and mix well.
- Add the sesame seeds. Mix well. Remove from heat.
- Serve with white rice.
- Enjoy!

