

## Stir Fried Beef with Broccoli

From *The Easy Way to Chinese Cooking* by Beverly Lee  
submitted by Elizabeth Mandel  
Serves 2-3

### Ingredients

- 1/2 lb beef
- 4 cups (1 lb) broccoli
- 1 wedge ginger, size of quarter
- 2 tsp cornstarch mixed with 2 tsp water
- 1/2 tsp salt
- dash pepper
- 2 Tbsp vegetable oil
- 3/4 c chicken stock or water

### Marinade for beef

- 2 tsp cornstarch
- 1 tsp light soy sauce
- 2 tsp sherry
- 1/4+ tsp sugar
- 1/4 tsp vegetable oil

### Directions

1. Slice beef and add marinade. Wash broccoli and peel off tough outer layer. Slice broccoli stems diagonally into paper-thin slices and divide flowerets into 3-4 small sections, depending on size. Smash wedge of ginger.

Mix cornstarch, water, salt and pepper. Set beside pan.

2. Using a high flame, heat wok and add 1 Tbsp oil, salt, and ginger. Add broccoli and stir. Add stock and cover for a few minutes, stirring occassionally until bright green. Uncover, stir, remove, and set aside. Heat wok again and add remaining Tbsp of oil. When pan is red hot, add beef and flatten against sides of wok. Cook, flipping occassionally and reflattening until beef is 3/4 cooked. Add broccoli and stir in cornstarch mixture. Add broccoli and stir in cornstarch mixture. Cook until gravy thickens.

