

Maine Arts Camp

2012

Recipe Name: Beef & Broccoli with Garlic Sauce

Chef: Charles Limoggio C.E.C.

Preparation Time:

Servings: 6

Yield:

| Quantity | Unit | Ingredient Name | Prep Notes |
|----------|--------|-----------------------------|----------------|
| 1 | pound | Beef steak | |
| 1 | TBSP | Vegetable oil | |
| 1/2 | tsp | Salt | |
| 1 1/2 | Pounds | Broccoli | |
| 1 | tsp | Cornstarch | |
| 1 | tsp | Sesame oil | |
| 1/4 | cup | Chicken broth | |
| 3 | TBSP | Vegetable oil | DIVIDED |
| 1 | TBSP | Minced Garlic | |
| 1 | tsp | Finely minced ginger root | |
| 2 | TBSP | Brown Bean Sauce | |
| 1 | cup | Sliced canned bamboo shoots | |

Procedure:

- 1 Trim fat from beef steak; cut beef lengthwise into 2-inch strips. Cut strips crosswise into 1/8-inch slices. Toss beef, 1 tablespoon vegetable oil, salt and white pepper in a glass or plastic bowl. Cover and refrigerate 30 minutes. Pare outer layer from broccoli stems. Cut broccoli lengthwise into 1-inch stems; remove flowerets. Cut stems into 1 inch pieces. Place broccoli in boiling water; heat to boiling. Cover and cook 2 minutes; drain. Immediately rinse in cold water; drain. Mix cornstarch, sesame oil and broth. Heat 12-inch skillet or wok until very hot. Add 2 tablespoons vegetable oil; rotate skillet to coat bottom. Add beef; stir-fry 2 minutes or until beef is brown. Remove beef from skillet. Heat skillet until very hot.
- 2 Add 1 tablespoon vegetable oil; rotate skillet to coat bottom. Add garlic, ginger root and bean sauce; stir-fry 30 seconds. Add bamboo shoots; stir-fry 1 minute. Stir in beef and broccoli. Stir in cornstarch mixture; cook and stir 15 seconds or until thickened.