Home > Orange Beef

Orange Beef

- 1/3 pound flank steak per serving
- salt
- pepper
- cornstarch
- 1/3 cup beef broth [1] per serving
- 1/6 cup orange marmalade per serving
- 1/2 teaspoon oyster sauce per serving
- 1 to 2 dried arbol chile peppers per serving
- canola oil
- 1 clove garlic per serving, minced
- minced fresh ginger
- thin rice noodles
- sliced scallions
- lettuce, shredded

Put flank steak in the freezer, about an hour, until partly frozen. (Partial freezing makes it easier to cut the flank steak.)

Cut the flank steak into thin strips. Generously salt and pepper. Coat in cornstarch. Shake off excess.

Combine the beef broth, the orange marmalade, the oyster sauce and the chiles.

In a saucepan, heat up a thin layer of canola oil. Begin cooking the garlic and ginger until the ginger is soft, but before it caramelizes or browns.

Add the marmalade-broth-oyster mixture. Bring to a boil, and reduce to a simmer, for about 5 minutes. Meanwhile...

Prepare the rice noodles according to directions, but drain a little early and pat dry.

In a wok, heat 1/4 to 1/2 inch of canola oil until oil is 350 to 370 degrees Fahrenheit.

Fry the rice noodles and scallions in the wok, about 3 to 4 minutes.

Drain the noodles on towels.

Remove a little sauce from the pot, and whisk about 1/2 teaspoon cornstarch per serving into the removed sauce. Return the cornstarch-broth mixture to the pot, to simmer until sauce thickens.

Heat oil again, fry steak in small batches.

Drain the steak on towels.

Place a layer of lettuce on a platter. Cover with fried noodles. Layer fried steak over the noodles. Pour the sauce over the steak.

Preparation time: 50 to 90 minutes

Subscriptions (1)-

©1992-2014 by Scott David Gray

Source URL: http://kitchen.unseelie.org/node/193

Links:

[1] http://kitchen.unseelie.org/./283