



Brown sauce

Yield 1 Quart approximately

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|---------|----------------------------|
| 1T | Oil |
| ½ | Bunch green onion |
| 1 | Knob ginger roughly sliced |
| 3cloves | Garlic |

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|------|-------------------|
| 2.5C | Soy sauce |
| ½ C | Dark soy sauce |
| 10oz | Oyster sauce |
| ½ C | Sugar |
| ¼C | Rice wine |
| ½C | Ketchup |
| ¼tsp | Red food coloring |

Mix all ingredients together and place in a container.

Method:

Place oil into wok and stir fry the onion, ginger and garlic until aromatic, do not brown. Add the remaining ingredients, cool, refrigerate and let sit overnight. At this point the sauce is extremely salty. This can be stored for quite some time due to the salt content. When ready to use add approximately 1 quart of white chicken stock. Taste, to make sure the salt content is good. You may need more or less chicken stock depending on your salt enjoyment.



Tenderizing Process Beef

1 pound Flank steak cleaned and sliced thin
1/4 tsp Salt
1/8 tsp White pepper
1/2 tsp Baking soda
1/2 tsp Soy sauce

Place meat in bowl. Add all ingredients and mix until incorporated. Pick the meat up and slam into bowl 40-50 times, don't worry you won't break it. This will help tenderize the meat.

3 Tbs Water
2oz Corn starch

Add in slurry and mix until fully incorporated. Pick the meat up and slam into bowl 40-50 times.

3 Tbs Water

Add in the water and stir until absorbed. Pick the meat up and slam into bowl 40-50 times.

1 Eggs

Add in egg and mix until fully incorporated. Pick the meat up and slam into bowl 40-50 times.

1 Tbs Oil

Add in Oil and mix until fully incorporated.

Store mixture overnight.



Beef with Broccoli

One Serving

8oz tenderized beef

1Tbs fry oil or as needed

2 dry, fried chilies

1tsp finely chopped ginger

1tsp finely chopped garlic

6oz Brown sauce

4oz blanched broccoli

Slurry as needed

Method:

Place beef in the deep fryer at 300°F and cook until golden brown. Make sure you move the beef around or it will stick to the fryer. Remove from oil and place in a bowl with absorbent paper. Put aside. Put one T of oil in the wok and add in chilis, garlic and ginger and cook until very aromatic. Be careful not to burn! Add in sauce and stir until garlic and ginger is fully incorporated. Add in meat and stir until the sauce coats the meat. Add the broccoli and stir until the broccoli is fully covered by the sauce. Adjust thickness of sauce with slurry in necessary. Serve with pork fried rice.