

Wine & Dine with Jeff

Mongolian Beef

Mongolian Beef Pairing with Seghesio Old
Vine Zinfandel 2016



INGREDIENTS

- ❑ 1 Lb Sirloin or Flank Steak sliced in 1/4 inch thick slices
- ❑ 1/3 cup of corn starch (Plus 1 tablespoon for the corn starch)

slurry)

- 5 Tablespoons of grapeseed oil
- 1 Tablespoon of fresh Garlic minced
- 1 Tablespoon of fresh ginger paste
- 1/2 cup of less Sodium Soy Sauce (I would only use less Sodium soy sauce)
- 1/2 cup of water
- 1/2 cup of brown sugar
- 3 green onions
- 7 Dried whole red Chili's or a pinch of red pepper flakes

DIRECTIONS

1. If you are looking for a family friendly recipe that everyone loves, this Mongolian beef is a must try. Why is it called Mongolian beef? This dish is named after a stir fried dish called Mongolian barbecue, which originated in Taiwan. None of the ingredients or cooking methods were from traditional Mongolian cuisine. This dish is most often found in Chinese-American restaurants in the United States. the sweet flavor of the dark brown sugar mixed with the salty soy sauce and the strong ginger and garlic is incredibly addicting and you get to enjoy it over a mountain of steamed rice, which if you are anything like me is your happy place. I like to use Sirloin or Flank steak in this recipe my only recommendation is

don't use a stewing meat because this is quick cooking and the stew meat would end up tough and chewy. I am using Sirloin steak today, using your sharp kitchen chef's knife cut 1/4 inch slices against the grain. When you cut against the grain of the meat it will make the meat more tender for this quick cooking process. We are not adding salt and pepper to the steak or sauce because there is enough sodium with the less sodium soy sauce.

2. After Slicing the Sirloin steak into 1/4 inch slices toss the meat into the corn starch and make sure to coat every piece. This is a perfect recipe for people who eat gluten free because corn starch is gluten free. If you are wanting and needing gluten free make sure you buy pure corn starch because no grains are added just derived from pure corn.

3. In a sauté pan or wok add 4 Tablespoons of grapeseed oil, and turn on burner to medium high heat. Make sure to shake off any excess corn starch from the steak. Work in batches because you want a nice browned crispy coating, if you toss in the whole pound of meat it will just steam and not brown. When the oil starts to shimmer add the steak it should only take 1 to 2 minutes on each side to brown up in the hot sauté pan. Don't worry if the steak is not cooked all the way through it will finish cooking in the delicious sweet soy sauce. When you browned all the steak slices remove from the pan and set aside. If needing more oil during browning add 1 tablespoon at a time.

4. After you removed the steak slices turn the burner down to a medium. In the same pan if needing more oil add a tablespoon then add the minced garlic, ginger paste and dried chili's and sauté for just a minute. Then add the soy sauce and water and scrape the bottom of the pan to release all the delicious steak browned bits. Add the brown sugar and simmer the sauce on low for 2 minutes to incorporate all the flavors and melt the brown sugar.

5. Then add the browned steak to the garlicky soy sauce mixture and let simmer for just a minute. Stir together 1 tablespoon of corn starch and 1 tablespoon of water to make a corn starch slurry. Add the slurry to the Mongolian beef and it will thicken up the soy sauce mixture to coat the steak slices. Toss in the sliced green onion and stir to combine. Pour over your favorite rice and enjoy.