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| COURSE NAME  | The Sizzling Skillet |
| INSTRUCTOR   |                      |
| DATE         |                      |
| STUDENT NAME |                      |

# Stir-Fried Beef and Broccoli with Oyster Sauce



### NOTES FOR THE HOME COOK

Once you learn the basic stir-frying steps, you can change the vegetables and proteins to create endless variations on this recipe. The cooking process moves quickly, though, so read the recipe through and prep all the ingredients and equipment before you start cooking. Freezing the steak for about 20 minutes while you prepare the rest of the ingredients makes it easier to slice thinly. If you'd like to serve rice with this dish, start simmering the rice before you cook the stir-fry. That way, the rice will be ready to eat around the same time the stir-fry is done cooking.

### INGREDIENTS

- 1 pound flank steak
- ¼ cup oyster sauce
- 1 tablespoon packed light brown sugar
- 1 teaspoon toasted sesame oil
- 2 tablespoons plus ½ cup water
- 3 garlic cloves
- 1 (1-inch) piece ginger
- 3 tablespoons vegetable oil
- 1 pound broccoli
- 1 small red bell pepper
- 3 scallions
- 1 tablespoon soy sauce

### EQUIPMENT

- Dinner plate
- Whisk
- Rasp grater
- Measuring spoons
- Liquid measuring cup
- Measuring cups
- Chef's knife
- Cutting board
- 2 small bowls
- Paring knife
- 3 medium bowls
- 12-inch nonstick skillet
- Tongs
- Rubber spatula
- Serving platter

### RECIPE SNAPSHOT

|                     |   |
|---------------------|---|
| TOTAL TIME          | 45 minutes  |
| PREPARATION TIME    | 30 minutes  |
| ACTIVE COOKING TIME | 15 minutes  |
| YIELD               | Serves 4  |
| MAKE AHEAD          | Ingredients can be prepared and refrigerated several hours ahead, but don't start cooking until you are ready to eat. |
| DIFFICULTY          | Easy  |

### INSTRUCTIONS

#### PREP INGREDIENTS AND SAUCE

- Transfer steak to dinner plate and place in freezer. (This will firm it up, which will make it easier to slice thinly.)
- Whisk oyster sauce, brown sugar, sesame oil, and 2 tablespoons water together in liquid measuring cup.
- Peel and mince or grate garlic. (You should have about 1 tablespoon.) Peel and mince or grate ginger. (You should have about 1 tablespoon.) Transfer both to same small bowl and stir in 1 tablespoon vegetable oil.
- Cut broccoli florets into bite-size pieces. Using paring knife, peel stems and cut on diagonal into ¼-inch-thick slices. (You should have about 5 cups florets and 1 cup stems.) Transfer to medium bowl.
- Stem and seed bell pepper. Cut into ½-inch dice. (You should have about 1 cup.) Transfer to bowl with broccoli. Thinly slice scallions and transfer to small bowl.
- Remove steak from freezer and cut with grain into 2-inch-wide strips. Slice against grain into ¼-inch-thick slices. Transfer to medium bowl and stir in soy sauce to evenly coat.

### NOTES

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