



## Beef and Broccoli Rice Bowl – Gluten Free



### Ingredients

- 1/3 C. **Brown Stir Fry Sauce\*** (Gluten free Starport 214)
- 3 oz. Beef sliced 1.5" x 1/2" thick, marinated and velvetized
- 1 C. Broccoli florets (3 oz.)
- 1/2 C. Onions. Sliced 1/4" wide strips
- 1/4 C. Red bell peppers, sliced 1/4 x 1" (1 oz)
- 2 tsp. Garlic/ginger mixture (optional)
- 1 Tbsp. Corn oil
- 8 oz Hot steamed rice

\* Other delicious Starport sauces for this recipe: **Garlic Sesame Sauce** (Starport 209), **Classixc Wok Sauce** (Starport 250), **Spicy Orange Sauce** (Gluten Free Starport 127), **General Kung Pao Sauce** (Gluten Free Starport 345), **Spicy Szechuan Sauce** (Starport 322) and **XOX Teriyaki** (Starport 217).



### Instructions

1. Heat wok, add oil and onions, stir-fry 10 seconds then add garlic/ginger mix.
2. Stir-fry 30 seconds; add velvetized beef and red bell peppers.
3. Stir-fry 1 minutes add **Brown Stir Fry Sauce** and continue until steaming hot, Remove and place on top of hot steamed rice in a bowl.
4. May be garnished with chopped green onions.

### Beef Marinade and Velvetization:

1. To marinate: For 10 lbs. sliced or diced meat, dissolve 0.4 lb. (7/8 C.) **Marinade Seasoning** (Gluten Free Starport 356) with 1-1/4 C. water and 1 C. oil. Mix well then add meat and marinate for 30 minutes or more. May be covered in a container and refrigerate overnight.
2. To velvetize: Oil blanch meat in deep fryer at 350 F in 2-pound batches for 60-80 seconds, un-clump the meat pieces, remove and drain off oil. (Oil blanching seals the juice on sliced meat surfaces and can be quickly reheated in the wok or griddle make cook-to-order fast.)
3. When cool, place in covered container and refrigerate, use as needed. Make batch daily.

### Garlic and Ginger Mixture – Adds an extra authentic flavor and aroma to the dish

1. Mince and mix 2 parts of garlic with one part of ginger by weight.
2. Place mixture in a pot and add enough vegetable oil to cover the garlic and ginger.
3. Heat mixture at low heat until boil for about three minutes, place in a close container and refrigerate when cool.
4. Keep unused portion refrigerated, make fresh batch once a week.