



Beef and Asparagus with Black Bean and Garlic Sesame Sauce



Ingredients

Single serving

- $\frac{3}{8}$ C. **Garlic Sesame Sauce*** (Starport 209)
- 1 Tbsp. Fermented black beans, dried
- 4 oz. Beef, sliced, marinated and velvetized
- 6 oz. Asparagus, bias cut 3"
- 1 Tbsp. Garlic, minced
- 1 Tbsp. Vegetable oil
- $\frac{1}{4}$ C. Very Dry Sherry

*Delicious with **Classic Wok Sauce** (Starport 250), **Spicy Red Hunan Sauce** (Starport 212), or **Spicy Szechuan Sauce** (Starport 322)



Instructions:

1. Marinate beef and velvetize as shown below. Set velvetized beef aside.
2. Rinse fermented black beans thoroughly to remove salt and pat dry. Crush the beans slightly with the back of a spoon.
3. Water blanch asparagus: place asparagus in boiling water for 10 seconds, remove, drain and set aside.
4. Heat pan on medium high heat, add oil, then fermented black beans and stir for 15 seconds.
5. Add velvetized beef and brown beef, about 30 seconds; add dry sherry, then **Garlic Sesame Sauce** and stir well.
6. Add water blanched asparagus, stir well and serve.



Serve with rice for Grab-n-Go Meals
Delicious Rice Bowl or Noodle Bowl

Beef Marinade and Velvetization

1. For 10 lbs. sliced or cubed beef, dissolve 0.4 lb. (1C.) **Marinade Seasoning** (Starport 356) in $\frac{1}{4}$ C. water then add 1 C. corn oil. Mix well and marinate meat for 30 minutes or more.
2. **To velvetize:** Oil blanch beef in deep fryer at 350°F in 2-pound batches for 60-80 seconds, un-clumping the beef pieces with tongs. Meat will NOT be fully cooked. Remove and drain.