



Spicy Szechuan Beef



Ingredients: 2 servings

- 12 oz. Beef, sliced 1/4"x2" strips, marinated and velvetized (see below)
- 2 tsp. *Garlic/ginger mix (see below)
- 1/2 C. **Spicy Szechuan Sauce** (Starport 322) or **Spicy Red Hunan Sauce** (Gluten Free Starport 212)
- 1 ea. Red bell pepper, sliced
- 1 ea. Green bell pepper, sliced
- 1 stlk Celery, cut match stick
- 1/4 ea. Onion sliced
- 1/2 C. Crunchy Chow Mein Noodles, optional
- 2 T. Vegetable oil

*Garlic/ginger – Mix 2 parts of crushed fresh garlic with one part of finely minced ginger. Place in pan, add enough oil to cover, and heat and stir until ingredients reach 170 F, hold for 5 minutes, remove and refrigerate.



Instructions:

1. Marinate and velvetize sliced beef as instructed below.
2. Heat a pan or wok at high heat; add oil then onions, celery, red and green bell peppers let sear about 30 seconds before stirring. Add Garlic/ginger mix and sauté 30 seconds.
3. Add velvetized beef and let sear about 30 seconds, stir-fry another 30 seconds.
4. Add **Spicy Szechuan Sauce or Spicy Red Hunan Sauce**, continue sautéing until steaming hot.
5. Remove and place on plate and garnish with crunchy chow mein noodles.

Beef Marinade and Velvetization:

1. For 10 lbs. sliced beef, add 0.4 lb. (1C.) **Marinade Seasoning** (Starport 356), 1-1/4 C. water and 1 C. oil. Mix well and marinate 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, unclump the beef pieces, remove and drain off oil.