



Chinatown Blue Plate Special Beef and Broccoli



Ingredients: Single Serving

- ¼ C. **Classic Wok Sauce** (Starport 450)
- 4 oz. Beef, marinated & velvetized, sliced 1½x1x½" (see below)
- ⅛ C. Onions, sliced
- ⅛ C. Celery, bias cut 1"
- 2½ C. Broccoli, florets (6 oz)
- ¼ C. Bamboo shoots, sliced (1½ oz.)
- ¼ C. Carrots, sliced (1½ oz.)
- 2 tsp. Garlic/ginger mix** (see below)
- 1 Tbsp. Corn oil

* Also delicious with **Garlic Sesame Sauce** (Starport 444), **Brown Stir Fry Sauce** (Gluten-Free Starport 214), or **XOX Sweet Teriyaki** (Starport 417)

**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. Portion 4 oz. velvetized sliced beef and set aside.
2. Blanch broccoli, carrots, and bamboo shoots in boiling water for 30-40 seconds; remove and drain.
3. Heat a griddle (or wok) on high heat; when hot, add oil.
4. Add onions & celery. Sear for 10 seconds, then add garlic/ginger mix. Stir and add velvetized beef.
5. Sear the beef for 10 seconds, then add blanched broccoli florets, bamboo shoots, and carrots.
6. Stir-fry for 1-2 minutes, then add Classic Wok Sauce (or other Starport flavor); remove when steaming hot.

Beef Marinade and Velvetization

1. For 10 lbs. sliced or cubed beef, add 0.4 lb. (1C.) **Marinade Seasoning** (Starport 356), 1¼ C. water and 1 C. corn oil. Mix well and marinate for 30 minutes or more.
2. **To velvetize:** Oil-blanch beef in a deep fryer at 350°F in 2-pound batches for 60-80 seconds, un-clumping the beef pieces with tongs. The meat will NOT be fully cooked. Remove and drain.