



## Beef and Broccoli Rice Bowl with Garlic Sesame Sauce



### Ingredients

- 1/3 C. **Garlic Sesame Sauce** (Starport 444)
- 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)
- 1 tsp. Garlic
- 1 Tbsp. Corn oil
- 8 oz Hot steamed rice

Other delicious Gluten- Free Starport sauces for this recipe: **Spicy Orange Sauce** (Starport 127 Gluten-Free), **General Kung Pao Sauce** (Starport 445 Gluten- Free), **Korean BBQ and Wing Sauce** (Gluten-Free Starport 318), and **General Tso Sauce** (Starport 323 Gluten-Free).



### Instructions

1. Heat a wok, add oil and onions, stir-fry for 10 seconds, and then add the garlic.
2. Stir-fry for 30 seconds; add velvetized beef and red bell peppers.
3. Stir-fry for 1 minute; 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** (Starport 356 Gluten-Free) with 1-1/4 C. water and 1 C. oil. Mix well, then add meat and marinate for 30 minutes or more. Cover in a container and refrigerate overnight.
2. To velvetize: Oil blanch meat in a deep fryer at 350 F in 2-pound batches for 60-80 seconds, unclump the meat pieces, remove them, and drain off the oil. (Oil blanching seals the juice on sliced meat surfaces and can be quickly reheated in the wok or griddle, making cook-to-order fast.)
3. When cool, place in a 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 two parts of garlic with one part of ginger by weight.
2. Place the 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 closed container and refrigerate when cool.
4. Keep unused portions refrigerated; make a fresh batch once a week.