



Spicy Hunan 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 Red Hunan Sauce** (Gluten-Free Starport 212)
- 1 ea. Red bell pepper, sliced
- 1 ea. Green bell pepper, sliced
- 1 stalk Celery cut match stick
- 1/4 ea. Onion sliced
- 1/2 C. Crunchy Chow Mein Noodles, optional
- 2 T. Vegetable oil

*Garlic/ginger—Mix two parts crushed fresh garlic with one part finely minced ginger. Place in a pan, add enough oil to cover, and heat and stir until ingredients reach 170 F. Hold for 5 minutes, then remove and refrigerate. This is a Chinatown chef's secret stir-fry aroma.



Instructions:

1. Marinate and velvetize sliced beef as instructed below.
2. Heat a pan or wok at high heat; add oil. Then add the onions, celery, and red and green bell peppers, and let them sear for about 30 seconds before stirring. Add the Garlic/ginger mix and sauté for 30 seconds.
3. Add velvetized beef and let sear for about 30 seconds; stir-fry for another 30 seconds.
4. Add **Spicy Red Hunan Sauce** and continue sautéing until steaming hot.
5. Remove, place on a 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 a deep fryer at 350 F in 2-pound batches for 60-80 seconds, unclump the beef pieces, and remove and drain off the oil.