



Beef with Snow Peas

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Description: A wonderful Oriental dish that is quick and easy.

Servings: 8

Categories: Main Dish - Oriental

Cooking Time: 15 minutes

Start to Finish Time: 20 minutes

Preparation Time: 5 minutes

Directions -

- 1) In a bowl, mix together soy sauces, sherry, brown sugar, cornstarch, sesame seeds and ginger. Pour half the liquid over the sliced meat in a bowl and toss with hands. Reserve the other half of the liquid. Set aside.
- 2) Heat oil in a heavy skillet (iron is best) or wok over high heat. Add snow peas and stir for 45 seconds. Remove to a separate plate. Set aside.
- 3) Allow pan to get very hot again. With tongs, add half the meat mixture, leaving most of the marinade still in the bowl. Add half the scallions. Spread out meat as you add it to pan, but do not stir for a good minute. (You want the meat to get as brown as possible in as short amount a time as possible.) Turn meat to the other side and cook for another 30 seconds. Remove to a clean plate.
- 4) Repeat with other half of meat, allowing pan to get very hot again first. After turning it, add the first plateful of meat, the rest of the marinade, and the snow peas. Stir over high heat for 30 seconds, then turn off heat. Check seasonings and add salt only if it needs it. Mixture will thicken as it sits.
- 5) Serve immediately over rice. Sprinkle crushed red pepper over the top to give it some spice.

Ingredients

1 1/2 lbs Flank Steak,
trimmed of fat and sliced
thin against the grain
1/2 c Shoyu Soy Sauce
1/2 c Shoyu White Soy
Sauce
3 T Sherry
2 T Brown Sugar
2 T Cornstarch
2 t Sesame Seeds
2 T fresh grated Ginger
8 ozs fresh Chinese Peas,
strings removed
5 lg Scallions, including
greens, cut into 1/2"
pieces on the diagonal
Celtic Fine Sea Salt to
taste
3 T Peanut Oil
1 pinch Crushed Red
Pepper Flakes, or to
taste
Jasmine Or Long Grain
Rice, Cooked According
To Package