



STIR-FRIED GRASS-FED BEEF AND BROCCOLI

Makes 4-6 servings

INGREDIENTS

1 1/2 pounds grass-fed top sirloin or flank steak, trimmed of excess fat and cut against the grain into 1/8" thick slices

Marinade

1 tablespoon arrowroot or non-GMO cornstarch
3 tablespoons shoyu or gluten-free tamari
3 tablespoons water
1 1/2 tablespoons dry sherry or Chinese rice wine such as Shao Hsing
1 1/2 teaspoons toasted sesame oil

INSTRUCTIONS

In a medium bowl, whisk together all marinade ingredients until arrowroot is dissolved. Transfer beef to marinade and stir to coat. Allow to marinate at room temperature for 30 to 60 minutes.

Make the sauce: place all sauce ingredients in a small bowl and whisk until arrowroot is dissolved. Set aside.

Bring an inch or two of salted water to a boil in the wok and add the broccoli. Cover and steam until crisp tender, about 2 minutes. Drain and reserve.

Heat the wok over medium-high heat. Drain the beef in a colander. Add peanut oil and tilt to coat sides of wok. Add 1/2 of beef to wok, spreading it in one layer on the surface of the wok and allow to cook undisturbed for 1 minute or until brown. Turn beef over and cook for another 30 seconds.

INGREDIENTS**Sauce**

2 tablespoons oyster sauce
1 tablespoon shoyu or gluten-free tamari
1 tablespoon dry sherry or Chinese rice wine such as Shao Hsing (I always use sherry)
3 tablespoons water
2 teaspoons balsamic vinegar
1 tablespoon arrowroot or non-GMO cornstarch
1 bunch broccoli, cut into small florets, stems peeled and thinly sliced
2 tablespoons unrefined peanut oil
2 quarter-size pieces of fresh, peeled ginger
1 scallion, thinly sliced (optional)
2 cloves of garlic, crushed

INSTRUCTIONS

Transfer meat to a medium bowl. Cook remaining beef in the same manner, adding more oil if necessary. When the last batch of beef is almost finished cooking, add the ginger, scallion and garlic and stir-fry until fragrant, about 1 minute.

Add the sauce and reserved meat back to the wok. Bring the sauce to a boil and cook until thickened, about 2 minutes. Toss in the broccoli and stir to coat with the sauce.