



Ginger Fried Beef *(adapted from High Plains The Joy of Alberta Cuisine and The Best of the Best and more, Recipes from the Best of Bridge Series)*

Note - it's a lot easier to slice the meat very thinly when it's partially frozen, so plan accordingly when you're prepping this dish.

1 pound flank or sirloin steak cut into narrow strips, or very thinly sliced rib eye
1 egg, beaten
3/4 cup cornstarch
2 tablespoons all-purpose flour
3/4 cup water
Oil for deep frying (approx. 4 cups)

Heat oil (depth of 1-1/2 inches) in a heavy deep pot (I used cast iron Dutch oven) to temperature of 375. Beat egg in a large bowl. Add cornstarch, flour and water and whisk together until smooth. Add beef and mix together until beef is well coated. Batter will be very runny but not to worry. Cook beef in hot oil in small batches until beef is well browned and crisp - about 4 to 5 minutes a batch. Stir beef around as it cooks to separate pieces, being very careful. Remove beef as it cooks using a skimmer or a wire spider, and set aside on racks covered in paper towels to drain. Repeat process until all beef is cooked. This process may be done in advance.

Sauce:

3/4 cup chicken stock
1/2 cup soy sauce
2 tablespoons hoisin sauce
2 tablespoons white vinegar
3/4 cup granulated sugar
1 teaspoon sesame oil
1 tablespoon sherry or Chinese cooking wine
3 tablespoons minced ginger
3 cloves garlic, minced
1/2 teaspoon red pepper flakes or more to taste
2 teaspoons cornstarch

2/3 cup grated carrots
1/3 cup sliced green onions

Combine sauce ingredients together in a small bowl and whisk until well mixed. Heat a large wok over high heat and add sauce ingredients. Bring to a boil, stirring constantly. Add beef. Mix well to incorporate sauce with beef. Sprinkle with green onions and carrot. Serve on rice. Serves 4 - or 2 if you're JBug's Kitchenites.