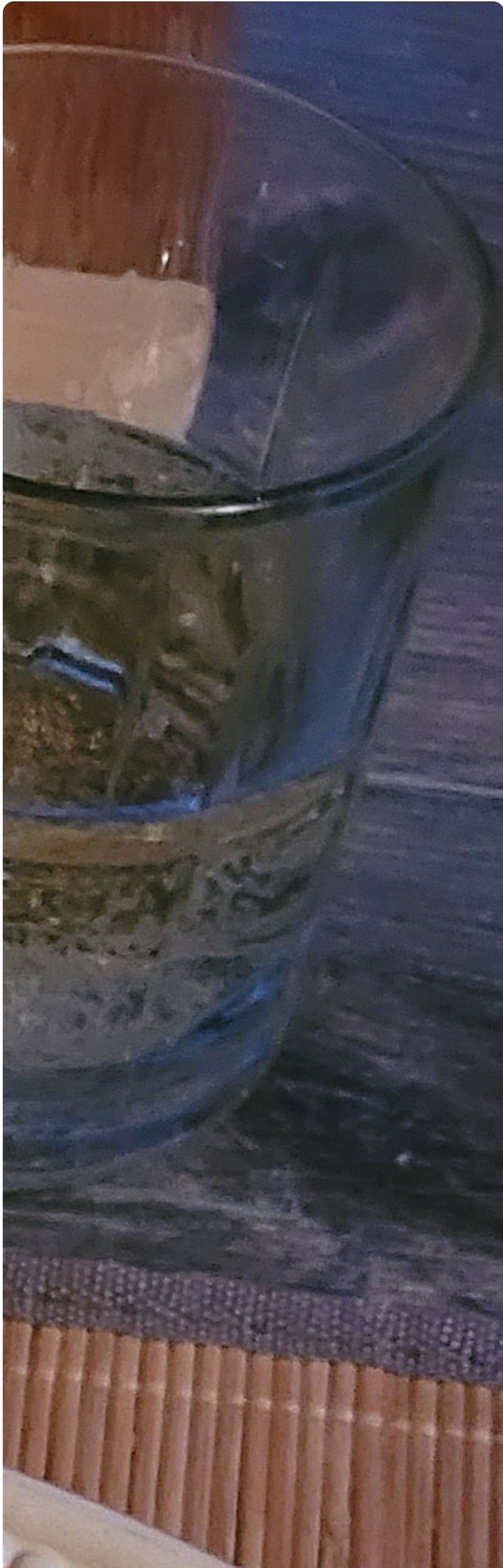




Crispy Ginger Beef

Oscar · 29/09/2024

**Prep Time**

45 mins

Difficult

Medium

Servings

5

Description

This ginger beef recipe is so much better than takeout. Serve it with homemade fried rice or plain rice. If you like spicy just add more chili pepper flakes.

Ingredients

- - ¾ cup cornstarch - ½ cup water - 2 large eggs - 1 pound flank steak
- cut into thin strips - ½ cup canola oil
- or as needed - 1 large carrot
- cut into matchstick-size pieces - 1 green bell pepper
- cut into matchstick-size pieces - 1 red bell pepper
- cut into matchstick-size pieces - 3 green onions
- chopped - ¼ cup minced fresh ginger root - 5 garlic cloves
- minced - ½ cup white sugar - ¼ cup rice vinegar - 3 tablespoons soy sauce - 1 tablespoon sesame oil - 1 tablespoon red pepper flakes
- or to taste

Instructions

1. Place cornstarch in a large bowl; gradually whisk in water until smooth. Whisk eggs into cornstarch mixture; toss steak strips in mixture to coat. Pour canola oil into a wok
2. 1-inch deep; heat oil over high heat until hot but not smoking. Place 1/4 of the beef strips into hot oil; separate strips with a fork. Cook
3. stirring frequently
4. until coating is crisp and golden
5. about 3 minutes. Remove beef to drain on paper towels; repeat with remaining beef. Drain off all but 1 tablespoon oil; cook and stir carrot
6. bell peppers
7. green onions
8. ginger
9. and garlic over high heat until lightly browned but still crisp
10. about 3 minutes. Whisk sugar
11. rice vinegar
12. soy sauce
13. sesame oil
14. and red pepper flakes together in a small bowl. Pour sauce mixture over vegetables in wok; bring mixture to a boil. Stir beef back into vegetable mixture; cook and stir just until heated through
15. about 3 minutes. Cook's Note This is the original recipe
16. but I like to add about 1/4 cup of teriyaki sauce as a variation. I also like to add sesame oil to the oil when I fry the beef. Editor's Notes: The nutrition data for this recipe includes the full amount of the coating ingredients. The actual amount of the coating consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
17. ingredient density
18. and the specific type of oil used.