



Crispy Orange Beef

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr 40 mins

Description

A delicious orange beef recipe that is crispy and sweet yet mildly spiced This beef stirfry recipe is great served with steamed rice and broccoli

Ingredients

- - 1 ½ pounds beef top sirloin
- thinly sliced - 2 cups water - 1 cup long grain rice - ½ cup white sugar - ½ cup rice wine vinegar - 2 tablespoons frozen orange juice concentrate - 1 tablespoon soy sauce - 1 teaspoon salt - 2 cups oil for frying - ¼ cup cornstarch - 3 tablespoons grated fresh ginger - 1 ½ tablespoons minced garlic - 2 teaspoons orange zest - 8 broccoli florets
- lightly steamed or blanched

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Lay beef in a single layer on a baking sheet lined with paper towels. Allow to dry in the refrigerator for 30 minutes. Dotdash Meredith Food Studios Meanwhile
2. bring water and rice to a boil in a medium saucepan. Dotdash Meredith Food Studios Reduce heat to medium-low
3. cover
4. and simmer until rice is tender
5. about 20 minutes. Dotdash Meredith Food Studios Mix together sugar
6. rice vinegar
7. orange juice concentrate
8. soy sauce
9. and salt in a small bowl. Set aside. Dotdash Meredith Food Studios Heat oil in a wok over medium-high heat. Toss dried beef in cornstarch to coat. Dotdash Meredith Food Studios Fry coated beef in hot oil in small batches until crispy and golden brown; set aside. Drain oil from the wok
10. leaving about 1 tablespoon. Dotdash Meredith Food Studios Add ginger
11. garlic
12. and orange zest to remaining oil in wok. Dotdash Meredith Food Studios Cook and stir briefly until fragrant. Pour in soy sauce mixture; bring to a boil and cook until thick and syrupy
13. about 5 minutes. Dotdash Meredith Food Studios Stir in fried beef and cook until heated through. Dotdash Meredith Food Studios Serve hot over steamed rice and garnish with broccoli. Dotdash Meredith Food Studios