



Beef with Broccoli Over Rice

Serves 4 - 6

Equipment list

Medium pot
Measuring equipment
Wok or frying pan
Wooden spoon
Cutting mats
Paring knives
Vegetable peeper
Serving spoon

To be done by Mrs. Snow

1. **Rice-** start rice immediately makes one recipe of rice per kitchen
 - a. Measure rice and water into a medium pot and cover with a tight fitting lid
 - b. Place pot on high heat and bring to a boil. Turn to medium low heat and time the rice for 15 minutes. Leave the lid on. DO NOT peak or the rice will loose too much steam and the rice will be crunchy and not soft. Rice is dried and must be hydrated.
 - c. Check that all the water is absorbed. There will be a fish net pattern on the top of the rice
 - d. Remove from the heat
 - 250 ml rice
 - 500 ml water
2. **Marinade-** Measure and combine the following ingredients into a medium bowl
 - 50 ml soy sauce
 - 5 ml sugar
 - 15 ml cornstarch
 - 1 ml salt
 - 15 ml cooking sherry
 - dash of pepper
3. **Beef**
 - 50 gm rump, sirloin, round or flank steak
 - Cut beef into very thin strips across the grain. Add to the marinade.
4. **Vegetables**
 - 1 bunch broccoli
 - ½ small onion
 - 4 mushrooms
 - ½ carrot
 - 5 ml ginger
 - a. Trim the flowerets from the stalks of broccoli and cut into bite size pieces. Peel the broccoli stalks and cut them into diagonal slices.
 - b. Peel the ginger and mince.
 - c. Wash and quarter the mushrooms
 - d. Dice the onions
 - e. Peel and cut carrot into diagonal slices
5. **Cooking**
 - a. Heat 15 ml of oil in a wok or frying pan over med/high heat (#5)
 - b. Add the vegetables and stir fry the until the broccoli turns dark green (about 2 minutes)
 - c. Add 15mls of oil and add beef. Stir fry, turning constantly, for about 2 minutes. The beef should be slightly pink inside to avoid the meat from becoming tough and dry
6. Add the marinade and cook until the sauce is thick. Stir constantly.
7. Serve immediately over rice.