

Ginger Beef - Canadian Version

1 lb. Beef Rouladen

Marinade:

2 Tbsp Dark Soy Sauce
1 Tbsp Cooking Wine
1 Tsp. Sugar
2 Tbsp Ginger Juice (fresh ginger peeled and squeezed to extract juice ... use garlic press)

- ☐ Cut beef into matchstick strips, cutting along the grain. Meat will be easier to cut if partially frozen.
- ☐ Mix four marinade ingredients. Add to beef and marinade for 30 minutes.

1 Celery Stalk
1 Carrot - medium size
3 Hot Chilli Peppers
2 Tbsp Fresh Ginger - minced
2 Garlic Cloves
1 Tsp. Sesame Oil

- ☐ Cut celery, carrots and hot peppers into thin strips.
- ☐ For ginger, use the leftover minced ginger from the preparation of the ginger juice.
- ☐ Set aside.

Sauce Ingredients:

1 Tbsp Wine
2 Tbsp Light Soy Sauce
1 Tbsp Vinegar
4 Tbsp Sugar
1/2 Tsp. Sesame Oil
2 Tbsp Water
Pinch Chilli Oil or Chilli Powder - to taste

- ☐ Mix sauce ingredients and set aside.

1 Egg White - lightly beaten
1/4 Cup Water
1/4 Cup All Purpose Flour
1/4 Cup Cornstarch
1 Tbsp Hot Chilli Oil (optional)
4 Cup Oil for Deep Frying (Peanut oil preferred)

- ☐ Beat the egg white and add water.
- ☐ Add flour and cornstarch. Mix batter thoroughly.
- ☐ Drop batter into the marinated meat. Stir to coat evenly.
- ☐ Heat wok. When heated, add 3 - 5 cups of oil.
- ☐ When oil is ready, add 1/4 of meat/batter mixture. Deep-fry beef until golden brown. Drain and set aside.
- ☐ Let oil come back to temperature and add more meat. Repeat until all meat is cooked.
- ☐ Clean wok. Heat and then add 1 tablespoon of oil.
- ☐ When oil is ready, add vegetables and begin stir-frying.
- ☐ Pour in sauce mixture and let come to a boil.
- ☐ Add the deep-fried beef. Toss quickly and remove to serving plate.
- ☐ Sprinkle with sesame oil and serve hot.

Yield: Serves 2 - 4

Comments: 1) To make extra crispy, deep-fry the beef twice. This technique is often used in restaurants: staff prepare a batch of ginger beef and set it aside. When a customer places an order, a portion is deep-fried again.

2) To make the ginger beef extra tender, use only cornstarch for the batter (instead of half cornstarch and half flour).

3) Don't put all of the meat in the wok at once - that will lower the wok temperature. Start with adding about 1/4 of the meat mixture. Allow wok to come back up to temperature before adding the next batch.

4) Mix batter thoroughly. Test with chopsticks or a wooden spoon - it should just drop without sticking.