

GINGER BEEF

Ingredients:

- 1 pound beef (sirloin tip is good)
- 1 cup corn starch
- 1 cup vegetable oil
- 1 large white onion, finely chopped
- 1 1/2 cup shredded carrot
- 5 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 1/2 teaspoon dried chili flakes
- 1/2 cup soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1/2 teaspoon black pepper
- 1/2 cup brown sugar
- 2 tablespoons sesame seeds
- 1 bunch green onions (garnish)



Instructions:

- (1) Slice the beef into 1/4 inch strips and toss in corn starch. Set aside.
- (2) Add some olive oil and onion to a large pan. Cook until soft (a few minutes).
- (3) Stir in the carrots to the onions and cook 3 more minutes (until tender).
- (4) Add the garlic, ginger, and chili flakes. Cook for 1-2 minutes.
- (5) Add the soy sauce, vinegar, sesame oil, black pepper, brown sugar, and sesame seeds. Whisk together and bring to a simmer. Lower the heat to low and cover.
- (6) In a separate large pan, heat the vegetable oil on high. When hot, shake off the excess corn starch from the beef and add to the oil. Fry until crispy. If you want really crispy beef (but also a heart attack), then do this in batches and double the oil.
- (7) Once cooked, transfer the beef to the sauce mixture. Serve over rice and garnish with green onions.