

Stir-fried Beef with Chinese BBQ Sauce

<http://userealbutter.com/2010/02/11/stir-fried-chinese-barbecue-beef-recipe/>

1 lb. beef, sliced thin against the grain (flank steak, filet mignon)
1 tbsp shaoxing Chinese cooking sherry
1 tbsp water
2 tbsps soy sauce
1 tsp cornstarch
2 tbsps vegetable oil (something flavorless, not olive)
3 tbsps Chinese BBQ sauce (sa cha)
2 tbsps soy sauce
1 tsp sugar
2 tbsps vegetable oil
4 stalks green onions, trimmed, sliced

It helps to slice the beef when the meat is partially thawed (or partially frozen, you pick). In a medium bowl, mix the beef with the cooking sherry, water, 2 tablespoons of soy sauce, cornstarch, and 2 tablespoons of vegetable oil until the beef is evenly coated. Set aside. In a small bowl, combine the Chinese BBQ sauce, 2 tablespoons of soy sauce, and sugar. Stir together. Heat 2 tablespoons of vegetable oil in a wok or sauté pan on high heat. Toss in the green onions when the oil is hot (they should sizzle when they hit the oil) and stir for ten seconds. Add the beef and sauté until the meat is half cooked. Pour in the BBQ sauce mixture and stir fry until the meat is just pink. Remove from heat. Serve.