

Spicy Szechuan Beef



Ingredients, Beef Marinade:

- 1 ½ pounds flank steak cut across the grain into ¼" slices then 3-5" length pieces
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon cornstarch
- 1 tablespoon Japanese rice wine or dry sherry see notes in post
- 1 teaspoon Asian chili sauce like Sambal Oelek
- 1 teaspoon sesame oil
- ½ teaspoon garlic powder
- ½ teaspoon ginger powder

Ingredients, Szechuan Sauce:

- 3 tablespoons oyster sauce
- 2 tablespoons reduced sodium soy sauce
- 3 tablespoons water
- 2 tablespoons brown sugar
- 1 tablespoon Japanese rice wine or dry sherry see notes in post
- 1-2 tablespoons Asian chili sauce like Sambal Oelek
- 1 teaspoon sesame oil
- 1 teaspoon cornstarch
- 1 teaspoon ground Szechuan peppercorn (Szechuan powder)
- ½ teaspoon red pepper flakes
- ½ teaspoon Chinese 5 spice
- salt to taste

Stir Fry

- 1 red bell pepper sliced ¼" thick
- 1 onion thinly sliced



- 1 tablespoon minced ginger
- 6 medium garlic cloves minced
- vegetable oil or peanut oil

Method:

1. Marinade: Pour marinade ingredients directly into freezer bag and mix well. Add beef and massage in marinade. Marinate at room temperature for 30-60 minutes or refrigerate for 2-8 hours.
2. Sauce: Whisk the sauce ingredients together in a small bowl. You can make at the same time as the marinade, cover and refrigerate or when ready to cook the beef.
3. Cook: Heat 1-2 tablespoons vegetable oil or peanut oil a large wok or nonstick skillet over HIGH heat until very hot and sizzling. Add half of the beef to the skillet in a single layer and sear 1 minute, flip over and cook 1 more minute (it will cook more in the sauce). Do not overcook or it will not be as tender! Transfer beef to a large plate and cover. Repeat.
4. To the now empty skillet, add 1-tablespoon oil and heat over medium high heat. Add onions and sauté two minutes; add bell peppers, garlic, ginger, and sauté one additional minute.
5. Return the beef to the skillet and toss to combine. Whisk the sauce to recombine then add to the skillet. Cook, stirring constantly, until the sauce is thickened and beef is cooked through, about 1-2 minutes. Taste and add additional chili sauce if desired.
6. Serve with jasmine or basmati rice and garnish with green onions and sesame seeds if desired.