

### Beef, Broccoli and Crisp Garlic Sauté

Adapted from Williams-Sonoma Cooking from the Farmers' Market, by Tasha DeSerio & Jodi Liano (Weldon Owen, 2010).

Prep Time: 25 minutes

Cook Time: 10 minutes

Servings: 4

#### **Ingredients:**

1 lb. flank or skirt steak  
1 Tbs. cornstarch  
1/4 tsp. salt  
1/4 tsp. sugar  
1/8 tsp. baking soda  
2 Tbs. water  
2 Tbs. canola oil  
3 garlic cloves, thinly sliced  
1/4 tsp. red pepper flakes  
2 cups small broccoli florets  
3 Tbs. dry white wine  
2 Tbs. soy sauce  
Cooked white rice for serving

#### **Directions:**

Cut the beef across the grain into strips 3 inches long and 1/4 inch thick. In a bowl, stir together the cornstarch, salt, sugar, baking soda and water. Add the beef and stir until well mixed. Let stand at room temperature for 30 minutes.

In a fry pan over high heat, warm the oil. When the oil is hot, add the garlic and red pepper flakes and sauté until crisp, about 1 minute. Transfer to paper towels.

Add the beef, broccoli and 2 Tbs. of the wine to the pan, and cook until the beef is opaque and the broccoli is tender, about 5 minutes. Add the soy sauce and the remaining 1 Tbs. wine and stir for 1 minute. Transfer to warmed plates, sprinkle with the crisp garlic and serve immediately with steamed rice. Serves 4.

Adapted from Williams-Sonoma Cooking from the Farmers' Market, by Tasha DeSerio & Jodi Liano (Weldon Owen, 2010).