

Pepper Steak
"A Stir-Fry to Convert Green Bell Pepper Skeptics,"
By Eric Kim
The New York Times, June 22 2023 & NYT Cooking

Total time: 40 minutes, plus marinating time

Prep time: 20 minutes

Cook time: 20 minutes

Yield: 4 servings

Ingredients

1 pound beef flank or skirt steak (see Tip)

1 tablespoon cornstarch

2½ teaspoons freshly ground black pepper, plus more for serving

3½ tablespoons soy sauce, plus more to taste

2 tablespoons neutral oil, plus more for stir-frying

2 medium fresh green bell peppers or Cubanelle peppers, cut into 1-inch pieces

1 medium yellow onion, cut into 1-inch pieces

3 garlic cloves, crushed and thinly sliced

1 (1½-inch) piece ginger, peeled, crushed and thinly sliced

Salt

¼ cup Shaoxing wine or dry sherry

2 tablespoons honey

Cooked white rice, for serving

Preparation

1. Marinate the beef: Cut the steak into 2- or 3-inch-wide pieces along the grain, then cut into thin slices against the grain. In a bowl, combine the steak, cornstarch, black pepper, 2½ tablespoons soy sauce and 2 tablespoons oil. Toss to mix, cover and marinate at room temperature for up to 30 minutes (see Tip), or in the refrigerator for up to 12 hours.
2. Stir-fry the beef: Heat a large wok or skillet over medium-high until a splash of water dropped into the pan evaporates quickly. Add enough oil to generously coat the pan, then add the beef in a single layer. Cook without flipping until the meat is browned around the edges, 2½ to 3 minutes, then stir constantly until browned all over, about 30 more seconds. Transfer to a plate.
3. Add the peppers, onion, garlic and ginger to the same wok, still over medium-high heat. Season with salt and pepper. Cook, stirring occasionally, until the vegetables start to soften, 1 to 1½ minutes.
4. Add the meat back to the pan, along with the Shaoxing wine, honey and the remaining 1 tablespoon soy sauce. Cook, stirring constantly and scraping up any stuck-on bits, until the liquid reduces greatly and slicks the vegetables and beef, 30 seconds to 1 minute. Taste and adjust seasoning with salt, pepper or soy sauce as desired. Serve immediately with rice.

Tip - If using a tougher cut like bottom round steak, add ¼ teaspoon baking soda to tenderize the meat, but don't let it marinate for longer than 30 minutes or it'll turn mushy.