

BEEF STIR-FRIES 101

Better than take-out and easy to execute. Just follow these easy key steps

➤ **Start with the right cut.**

Flank steak is the obvious choice, but we also like skirt or flap steak, sirloin tip steaks and blade steaks. You will need to remove excess fat and gristle from blade steaks, so start with 1 pound to compensate for trimmings.

➤ **Chill, then slice.**

To make slicing easier, freeze the meat for 20 to 30 minutes. Cut across the grain so meat won't be tough.

➤ **Marinate for moisture.**

A 10-minute soy marinade adds flavor and helps the meat retain moisture (the soy acts like a brine). Drain the meat before searing to remove excess liquid.

➤ **Cook in batches.**

You want the meat to brown, so give it some space. Once the meat is browned, add the slow-cooking vegetables first so they get a head start on softer vegetables.

➤ **Add garlic and ginger last.**

Add aromatics late in the game so they don't burn.

Our favorite marinade – works for beef as well as pork and chicken, even without the stir-fry part

- ❑ 2 tablespoons soy sauce
- ❑ 1 tablespoon lime juice
- ❑ 1 tablespoon finely diced Jalapeno or Serano chile peppers, seeds and white parts removed
- ❑ freshly crushed/ground black pepper (optional)

Mix ingredients and coat all pieces. Let marinate for 10 minutes. Discard excess liquid and start cooking.

Beef Stir-Fries 101 was adapted from Cook's Illustrated magazine, December '08 issue.

Copyright © 2008 Cook-N-Dine Inc. All rights, errors and misprints reserved.

Cook-N-Dine