

Tangerine Stir-Fried Beef with onions + snow peas

yield: 4 servings as main dish with rice

Oranges can be substituted for tangerines. If available, substitute 1 teaspoon toasted and ground Sichuan peppercorns for the red pepper flakes. Serve with rice of your choice.

- 4 tbsp. Soy sauce
 - 1 tbsp. + 1 tsp. light brown sugar
 - 12 Oz. Flank steak, cut into 2-inch-wide strips with grain, then sliced across grain into 1/8-inch-thick slices
 - ¾ cup juice plus 1 teaspoon grated zest from 3 to 4 tangerines
 - 1 tsp. Sesame oil
 - 1 tsp. cornstarch
 - 3 medium garlic cloves, minced or pressed (about 1 tablespoon)
 - 1 tbsp. minced fresh Ginger
 - 1 tbsp. black bean sauce
 - ¼ - ½ tsp. red pepper flakes
 - 2 tbsp. vegetable oil or high-heat non-stick spray
 - 1 large onion, halved and cut into ½ inch wedges
 - 10 oz snow peas, ends trimmed and strings removed (about 4 cups)
 - 2 tbsp. Water
- Combine 2 tbsp. Soy sauce and 1 tsp. Sugar, add beef and toss well. Marinate for 10 min. to 1 hr, stirring once.
- Whisk remaining 2 tbsp. Soy sauce, 1 tbsp. Sugar, sesame oil and cornstarch.
- Combine tangerine zest, garlic, ginger, black bean sauce, pepper flakes and 1 tsp. Vegetable oil in small bowl.

Drain beef and discard liquid. **Set cooking temperature to 5 for warm-up until the orange light is off. Now set the dial to 8.** When reached (orange light off), spread the cooking center with 1 tbsp. oil, or use non-stick spray, and add half of the marinated beef in a single layer for 1 minute without stirring. Make sure the pieces don't touch each other. Then stir and cook for another 1-2 minutes or until browned. Transfer meat to the outer warming area and cook the second batch, again transferring it into the outer warming area. Give the cooking center a quick wipe with a paper towel before proceeding.

Note: Cooking the meat in two smaller batches allows it to brown quickly without drying out or becoming tough. Overcrowding the cooking surface causes it to steam in its own liquid and the meat will become chewy, dry and gray.

Wipe or spray cooking the center with oil and fry onion until beginning to brown. Add snow peas and continue until spotty brown. Add water and cook vegetables until crisp-tender and transfer into warming area.

Add zest-garlic mixture and mash with spatula until fragrant, 15-20 seconds. Add vegetables and return meat with all juices to the cooking center. Whisk sauce to recombine and carefully add to mixture, stirring occasionally until thickened. Serve.

Switch Cook-N-Dine off.

Note: Please always remove the power cord after each use to avoid unintentional use.