

## BROCCOLI BEEF

1 flank steak about 1-1/4 lb. Sliced very thin or round steak

Mix with:

1 T cornstarch

3 to 4 slices ginger root

1 T soy sauce

Salt to taste

1 clove garlic, minced

1 T oil

Have ready: 4 c broccoli; cut flowerettes to get 1" heads and 1" stems. Strip leaves and outer fibers from stalks and discard. Cut stalks diagonally at a 45 degree angle 1/4" thick and 1-1/2" long. If stalks are more than 1" in diameter, cut in half lengthwise first before cutting diagonally.

Gravy ingredients, mix together:

1 T cornstarch

1 T soy sauce

1 to 2 T oyster-flavored sauce

½ c water.

Salt and saute broccoli with about 3 T oil over high heat for about 1 min. Add 1 to 3 T water and cover to steam till barely tender—takes less than 5 min. Lower heat and stir if necessary to prevent scorching; remove from pan.

Saute meat in 2 separate batches on red hot heat with 2 T oil until meat is browned on the outside and pink in the middle. Add mixed gravy ingredients, scraping bottom of pan; let gravy bubble once around. Return first batch of beef and broccoli; toss to blend.

Variations: Substitute asparagus, zucchini, green beans, bok choy, or cauliflower for broccoli, or use a combination of any of these: Chinese pea pods, water chestnuts, bamboo shoots, mushrooms, celery, onions.