

Mongolian Beef

INGREDIENTS:

- 1 ½ lbs Beef Tenderloin - sliced thin
(or other cut of beef you prefer)
- ½ cup Cornstarch
- Red Pepper Flakes
- ¼ cup Cooking Oil - divided
- 3 cloves Garlic - minced
- 2 teaspoons Fresh Ginger - minced
- ½ cup Soy Sauce
- ½ cup Brown Sugar
- ½ cup Water
- Green Onions - sliced for garnish
(green parts only)
- Sesame Seeds - for garnish



DIRECTIONS:

1. Slice Beef Tenderloin thinly. In a large ziplock bag, combine the sliced tenderloin and cornstarch AND red pepper flakes. Toss to coat the beef evenly. Allow this to sit while you prepare the wok.
2. Prepare the BIG GREEN EGG. Insert the the ConvEGGtor Basket. Place the CARBON STEEL WOK into ConvEGGtor Basket. Preheat to 375-400 degrees F.
3. Add the cooking oil to the hot WOK and spread around with the paddle.
4. Add the steak coated with cornstarch to the hot wok. Working in batches to ensure you only have a single layer at a time. Cook on each side for about a minutes (just until the edges start to brown). Once the steak is cooked, remove and set aside on a plate.
5. With the steak removed from the wok, add a tablespoon of cooking oil and then stir in garlic and ginger and sauté for 10-15 seconds.
6. Then add the soy sauce, water and brown sugar mixture to the wok and let it come to boil.
7. Add the steak back into the wok and let the sauce thicken for 20-30 seconds. The cornstarch used on the steak should thicken the sauce but if you find it isn't thickening enough, add 1 tablespoon cornstarch to 1 tablespoon cold water, stir to dissolve the cornstarch and add to the wok.
8. Just before serving, sprinkle with green onions and sesame seeds.
9. Serve over rice. Enjoy!

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