MONGOLIAN BEEF

- Make the sauce by heating 2 teaspoons of the vegetable oil in a medium saucepan over medium/low heat. Don't allow the oil to get too hot. Add the ginger and garlic to the pan and quickly add the soy sauce and water before the garlic scorches. Dissolve the brown sugar in the sauce, raise the heat to about medium and boil the sauce for 2-3 minutes, or until the sauce thickens. Remove it from the heat.

- Slice the flank steak against the grain into 1/4-inch thick, bite-size slices (Tilt the blade of your knife at about a 45-degree angle to the top of the steak, so you get wider cuts). Dip the steak pieces into the cornstarch to apply a thin dusting to both sides of each piece of beef. Let the beef sit for about 10 minutes, so the cornstarch sticks.

- As the beef sits, heat 1 cup of oil in a wok. (You can also use a skillet for this step as long as the beef will be mostly covered with oil.) Heat the oil over medium heat until it's hot but not smoking. Add the beef to the oil and sauté for 2 minutes, or until the beef just begins to darken on the edges. You don't need a thorough cooking here since the beef is going to go back on the heat later. Stir the meat a little, so it cooks evenly.

Ingredients

Servings: 4

- 2 teaspoons vegetable oil
- 1/2 teaspoon ginger, minced
- 1 tablespoon garlic, chopped
- 1/2 cup soy sauce
- 1/2 cup water
- 3/4 cup light brown sugar
- 1 pound flank steak
- 1/4 cup cornstarch
- Cooking oil, for frying (about 1 cup)
- 2 large green onions, sliced on the diagonal into 1-inch lengths

- After a couple minutes, use a large slotted spoon to remove the meat and place it on paper towels. Pour the oil out of the wok or skillet. Put the pan back over the heat, dump the meat back into it and simmer for 1 minute. Add the sauce, cook for 1 minute while stirring, then add the green onions. Cook for 1 more minute, and then remove the beef and onions with tongs or a slotted spoon to a serving plate. Leave the excess sauce in the pan.pieces, and serve hot.