

CAFE THOMPSON RECIPE

MONGOLIAN BEEF

Mongolian beef is a popular Chinese-American stir-fry characterized by its tender beef strips and a rich, savory-sweet glaze.

SERVES 6



INGREDIENTS

- 1 pound, 8 ounces beef, top round
- 1/3 cup cornstarch
- 2 tablespoons canola oil
- 2 cups onion, sliced
- 2 teaspoons ginger, chopped
- 2 teaspoons garlic, chopped
- 1 cup broccoli
- 1 red pepper, sliced
- 1 cup snap peas
- 1/3 cup soy sauce
- 1/4 cup water
- 1 cup olive oil
- 1/2 cup brown sugar
- 2 tablespoons olive oil
- 2 bunches of scallions, cut into 2-inch pieces

DIRECTIONS

Slice the beef into thin 1/4-inch pieces. Toss with cornstarch, shaking off any excess, and set aside.

In a pan, heat 1 cup of olive oil over medium-low heat and cook the beef for 8 minutes, remove and drain. Discard the excess oil.

To the pot add, add the 2 tablespoons of canola oil and stir in the onion, ginger, garlic, broccoli, red pepper and snap peas and cook until fragrant, about 3 minutes. Add the soy sauce, water and brown sugar to the pan, and then bring to a boil. Let boil for 3 to 5 minutes until slightly thickened add the beef back to the pot mix well. Keep hot for serving. Add the scallions for garnish.

Side dishes

Sautéed Bok Choy
Rice Noodles

