

Beef and Vegetable Stir Fry

1 lb skirt steak, flank steak, or flap meat, cut in to ¼ inch strips
¼ cup soy sauce, one tbsp set aside
¼ cup Shaoxing wine, one tbsp set aside
2 tsp cornstarch
1/3 cup water
¼ cup oyster sauce
1 tbsp sugar
1 tsp sesame oil
1 tbsp minced garlic
1 tbsp minced ginger
1 jalapeno, diced (optional)
1 lb combined broccoli, kohlrabi greens, broccoli leaves, cabbage, etc., chopped
4 tbsp high heat oil, like peanut or canola oil



Do you ever reach into the fridge, intending to get the ingredients for a meal you've planned for and are looking forward to, only to find you don't have enough of a critical ingredient? Yeah, that's exactly what happened to me for this recipe. I had intended to make beef and broccoli, a favorite in my household. Usually, I have a good mental inventory of my larder. Apparently, I have a blind spot when it comes to broccoli. I love it so much that I tend to just inhale it without really paying attention to how much is left. So, I realized as my pan was heating up that I only had 1 head of broccoli left. Oops.

Well, dinner must go on, and my mistake actually turned out to be a blessing in disguise. I had saved the greens from my kohlrabi, intending to stir fry them for another meal. I learned that kohlrabi is related to a Chinese vegetable called Gai Lan (which I haven't had the pleasure to work with) and I wanted to try and treat the kohlrabi greens like I would gai lan. So, I decided to throw them in my beef and broccoli and call it dinner. It was quite a success. If you're lucky enough to have kohlrabi greens, don't throw them out. They're delicious.

Marinate the beef in 1 tbsp of soy sauce and 1 tbsp of Shaoxing. Allow to sit in the fridge for as little as 20 minutes and as long as 3 hours. In a separate bowl, combine the rest of the soy sauce and Shaoxing with the corn starch, water, oyster sauce, sugar, and sesame oil. In a third, small bowl, combine the ginger, garlic, and jalapeno.

Heat 2 tbsp of oil in a very large cast iron pan or wok over high heat (open your windows and turn all your fans on). Add in your broccoli and greens and stir fry until crisp-tender and a bit colored and crispy. You may have to do this in batches. If you do this in batches then only use half the oil for each batch. Take broccoli out.

Let pan come back up to high heat and add in the rest of the oil. Add in the beef and spread out to not crowd the pan. Let the beef caramelize and cook until outside is brown but inside is slightly pink.

Add the veggies back to the pan. Add the ginger/garlic/jalapeno mix and stir fry until fragrant, about 30 seconds. Add in the bowl with the cornstarch, stirring first to make sure there isn't any cornstarch sitting at the bottom. Stir fry until the sauce is thickened and coats the beef and veggies, about another 30 seconds.

Serve with white rice. I like chili oil on top.

With rice, this serves 3-4 people. You'll never have to order takeout again!