

Nutty Beef and Broccoli

TOTAL COOKING TIME: 45 minutes

FOR THE STIR-FRY:

2 C broccoli florets
1 lb beef sirloin, thinly sliced
1 C mushrooms (shiitake or cremini), sliced
1 C bean sprouts
1/2 C water chestnuts, sliced

1/2 C green onions (scallions), chopped
1/2 C sliced almonds
2 T vegetable oil
1 T sesame oil
Salt and pepper to taste

FOR THE SAUCE:

1/2 C brewed chestnut tea
1/2 C brewed almond oolong tea
1/4 C oyster sauce
2 T soy sauce
1 T hoisin sauce

1 T rice vinegar
1 T honey
2 cloves garlic, minced
1 T fresh ginger, grated
1 T cornstarch mixed with 2 T water (slurry)

PREPARE THE SAUCE: In a bowl, combine brewed chestnut tea, brewed almond oolong tea, oyster sauce, soy sauce, hoisin sauce, rice vinegar, honey, garlic, and ginger. Mix well. In a separate small bowl, mix cornstarch with water to create a slurry. Set both aside.

COOK THE BEEF: Heat vegetable oil in a large skillet or wok over medium-high heat. Add the beef slices and cook until browned. Remove and set aside.

STIR-FRY THE VEGETABLES: In the same skillet, add sesame oil. Add broccoli, mushrooms, bean sprouts, water chestnuts, green onions, and sliced almonds. Stir-fry for 5-7 minutes until vegetables are tender-crisp.

COMBINE AND COOK: Return the beef to the skillet. Pour in the sauce and bring to a simmer. Add the cornstarch slurry and stir until the sauce thickens. Season with salt and pepper to taste.

SERVE: Serve hot over steamed rice or noodles.