



Asian Recipe Cantonese Beef and Broccoli



Ingredients – Deli-School-Buffer Serving Portion

- 3 C. **Brown Stir-fry Sauce** (Starport 214)
- 2.5 lbs. Beef, sliced 1.5x1x1/4" marinated & velvetized. (see below)
- 1.6 oz. **Marinade Seasoning** (Starport356) (5 Tbsp.)
- 3/8 C. Water for marinate
- 1/4 C. Oil for marinate
- .12 lb. Onions, sliced
- .25 lb. Celery, sliced
- 3.0 lb. Broccoli florets
- .25 lb. Bamboo shoots, sliced
- .25 lb. Carrots, sliced
- 2 Tbsp. Garlic ginger Infusion ([see recipe](#))
- 1/4 C. Corn oil for cooking

Instructions:



1. Mix **Marinade Seasoning** with 3/8 C. water and 1/4 C. oil in a bowl then add to sliced beef and marinate an hour or longer. See more instructions below.
2. Velvetize beef in deep fryer at 350°F for 60-80 seconds, un-clumping the beef pieces with tongs. Beef will NOT be fully cooked. Remove and drain and set aside. Divide beef into smaller batches for small fryer.
3. Blanch broccoli, carrots and bamboo shoots in boiling water 40-50 seconds in 1-2 pound batches, remove and drain.
4. Heat wok or griddle at high heat, add oil when hot.
5. Add onions and celery let sear 20-30 seconds, add garlic/ginger infusion then stir-fry 1-2 minutes, and add beef.
6. Sear velvetized beef 40-50 seconds then add blanched broccoli florets, bamboo shoots and carrots.
7. Stir-fry 1-2 minutes until hot.
8. Add **Brown Stir Fry Sauce** remove when steaming hot.

Beef Marinade and Velvetization:

1. To marinate: For 10 lbs. sliced beef, add 0.4 lb. (7/8 C.) **Marinade Seasoning** (Starport 356), 1 1/4 C. water and 1 C. corn oil. Mix well and marinate for 30 minutes or more.
2. To velvetize: Oil blanch beef in deep fryer at 350°F in 2-pound batches for 60-80 seconds, un-clumping the beef pieces with tongs. Beef will NOT be fully cooked. Remove and drain.
3. When cool, place in covered container and refrigerate until ready to use. Make batch daily.