

February Member Recipe

Mongolian Beef

Koi Fine Asian Cuisine & Lounge, Evanston

Serves 4 People

Tools

- 3 Woks
- 1 Blanching Wire Basket
- 1 Strainer

Ingredients

- 8 oz Beef (Flank Steak)
- ½ C Green Onions
- ½ C Spanish Onions
- 1 Tbsp Minced Garlic
- Optional: ½ C Crispy White Rice Noodles

Sauce

- 4 tsp Kikkoman Soy Sauce
- 1 Tbsp Sugar
- 2 tsp Chicken Stock
- 2 tsp Rice Wine
- 2 tsp White Pepper
- 2 tsp Sesame Oil

Preparation

3 woks are needed for this dish

- 1 containing hot oil
- 1 with boiling water
- 1 hot and clean

1. Fry chosen protein (steak or other) in oil until it reaches level of preferred doneness.
2. At the same time, cook the vegetables in the boiling water until tender
3. Remove both protein and vegetables and drain
4. Add approximately 4 Tbsp of oil to the hot clean wok and incorporate the vegetables and proteins
5. At the same time prepare the sauce and toss with vegetables and proteins
6. Season to taste and plate over (optional) ½ C of crispy rice noodles

