

Steak Stir Fry

Ask The Butcher for enough steak to feed your crew. This recipe is suitable for a pound and a half of skirt steak which fed three to four people, but can be easily adjusted to feed more.

You will need:

1 1/2 pounds Skirt Steak (or Flat Iron Steak)
Cooked White or Brown Rice for serving

10 Asparagus Stalks; chopped (half of a bundle)
6 mini rainbow peppers; sliced into rings
2 scallions; chopped
2 garlic cloves
1-2 tablespoons freshly grated ginger
Sesame seeds for garnish

For the marinade:

1/2 cup of soy sauce
1/2 cup of water
2 tablespoons of brown sugar
1 tsp worcestershire sauce
1 1/2 rice wine vinegar
1 tablespoon of Cornstarch
3 tablespoons of fresh thyme
5 twists of freshly ground pepper

Start by mixing all ingredients for the marinade in a nice size bowl.

Slice the steak across the grain into manageable sized pieces. Place in the marinade for twenty minutes.

While the steak is marinating prepare and chop your veggies. You can also get the rice cooking.

Add three tablespoons of olive oil to a large deep pan and saute the veggies for seven to ten minutes.

Remove the veggies to a bowl and add the beef to the pan. Saute the beef three minutes per side. Remove to a bowl.

Now you can add the reserved marinade to the saute pan and cook to thicken.

This should take about a minute or two.

Lastly add the beef and the veggies back into the saute pan and stir into the sauce.

Serve over warm rice...garnish with sesame seeds if you wish!

