

FOXWOODS FOOD & WINE FESTIVAL
KEVIN LONG

HONG KONG BLACK PEPPER BEEF AND BROCCOLI

Serves 4

INGREDIENTS:

¼ cup oyster sauce
2 tsp. black pepper
3 tsp. white pepper, divided
1 tsp. dark soy sauce
2 tsp. saké
4 cups broccoli florets
1–2 lbs. skirt steak, trimmed of fat
¼ cup sesame oil
1 tsp. salt
1 tsp. low sodium soy sauce
2 garlic cloves, sliced thin
½ red bell pepper, julienned
Cornstarch, as needed for dredging
1 Tbs. peanut or canola oil
1 Tbs. cornstarch slurry

DIRECTIONS:

Combine oyster sauce, black pepper, 1 tsp. white pepper, dark soy sauce and saké with 8 oz. water. Heat briefly to combine. Cool and reserve.

Blanch broccoli in boiling salted water for 1-2 minutes, until bright green and slightly softened. Drain and immediately put in ice water. Cool and reserve.

Slice beef against the grain into thin slices. Marinate with sesame oil, salt, 2 tsp. white pepper and low-sodium soy sauce, for at least one hour and for as long as 24 hours. Remove from marinade, and dredge in cornstarch.

DIRECTIONS:

Heat oil in sauté pan or wok over med-high heat. Add beef and stir-fry for 1–2 minutes until beef is just cooked. Add garlic and bell peppers. Stir-fry for 1 minute. Add black pepper sauce, and stir-fry to combine. Once the mixture comes to boil, add cornstarch slurry and broccoli. Cook until sauce slightly thickens.

TO SERVE:

Serve with jasmine or plain white rice if desired. This recipe also works well with chicken or shrimp in place of beef.